

EXCLUSIVE

KYLIE HOW MY DREAM CAME TRUE STAR OPENS UP ABOUT HITTING THE JACKPOT IN VEGAS

**'It feels like the perfect
point in my life'**

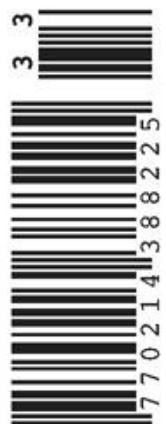
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LIONESS LEGEND

EXCLUSIVE

**'The team
gave her
an England
shirt'**



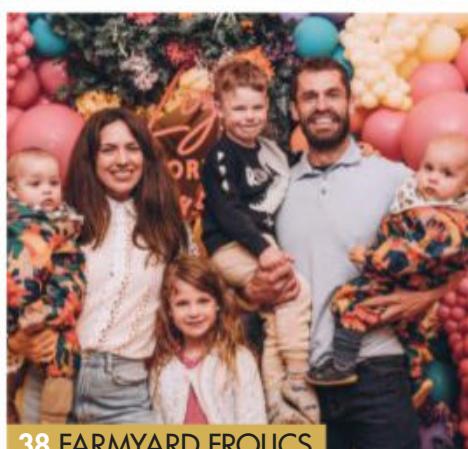
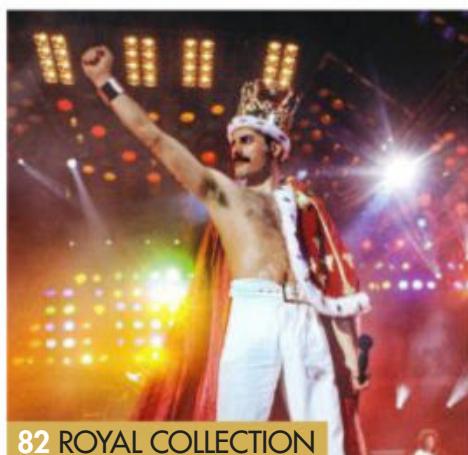
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INTRODUCES HER LITTLE
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GRIPS THE NATION

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#HelloToKindness



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HELLO! LTD Wellington House, 69-71 Upper Ground, London SE1 9PQ **NEWS STORIES:** news@hellomagazine.com **BACK ISSUES:** 01858 438 430 **SUBSCRIPTIONS:** 01858 438 430 or email hello@subscription.co.uk

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'Ann's on a mission to make Lympne the best known castle in the world' Stephen



Ann poses in the grounds of the castle, which boasts stone walled gardens in addition to a vineyard, an orchard and stables

EXCLUSIVE INTERVIEW AND PHOTOS

WELCOMING US TO THEIR MEDIEVAL CASTLE IN KENT
**ANN KAPLAN MULHOLLAND
AND STEPHEN MULHOLLAND**
CANADIAN STARS PLAN REALITY SHOW TO
REVEAL REVAMP OF THE HISTORIC HOME



When hunting for a new home, many people might consider downsizing, but Ann Kaplan Mulholland and her husband Stephen Mulholland did quite the opposite.

"We weren't going to buy a castle, but it happened," says Ann as she invites **HELLO!** to join her behind the ornate doors of the pair's new pad: the medieval Lympne Castle in Kent.

The Canadian TV star and entrepreneur, along with her world-renowned plastic surgeon husband, already own ten residences in the world's most exclusive places, from Hawaii to the British Virgin Islands, but even they didn't expect to end up as king and queen of their own castle.

The couple, who starred in ►



Having added Lympne Castle to their portfolio of properties around the world, Stephen and Ann plan to film a £15m renovation for a new docuseries

'Ann thought that doing a castle makeover would make a great reality show' Stephen

The *Real Housewives of Toronto* in 2017 and were previously based in Las Vegas, had been looking for a bolthole in Britain after the youngest of their six children flew the nest.

"Our youngest son was 17 and went off to university. The next day, we said: 'We're out of here,'" says businesswoman, author and public speaker Ann. "When we started looking for flats in London, it got me curious. When an apartment is so expensive, I wondered what a house costs. Then it was: 'I wonder what a castle costs?'"

The rest is history, and now Ann and Stephen, both 62, are delighted to call the £11m castle home.

Boasting turrets and fortified towers, a wood-panelled Great Hall and 20 bedrooms, the grade I-listed building is surrounded by beautiful stone-walled gardens, a vineyard, an orchard, stables and 139 acres of land.

The panoramic views take in Kent's rolling countryside, Romney Marsh, the English Channel and, on a clear day, the French coast.

FIT FOR A KING

The heady scent of wood smoke emanating from the fireplaces harks back to the castle's medieval history as Ann shows us around the maze of lavish rooms.

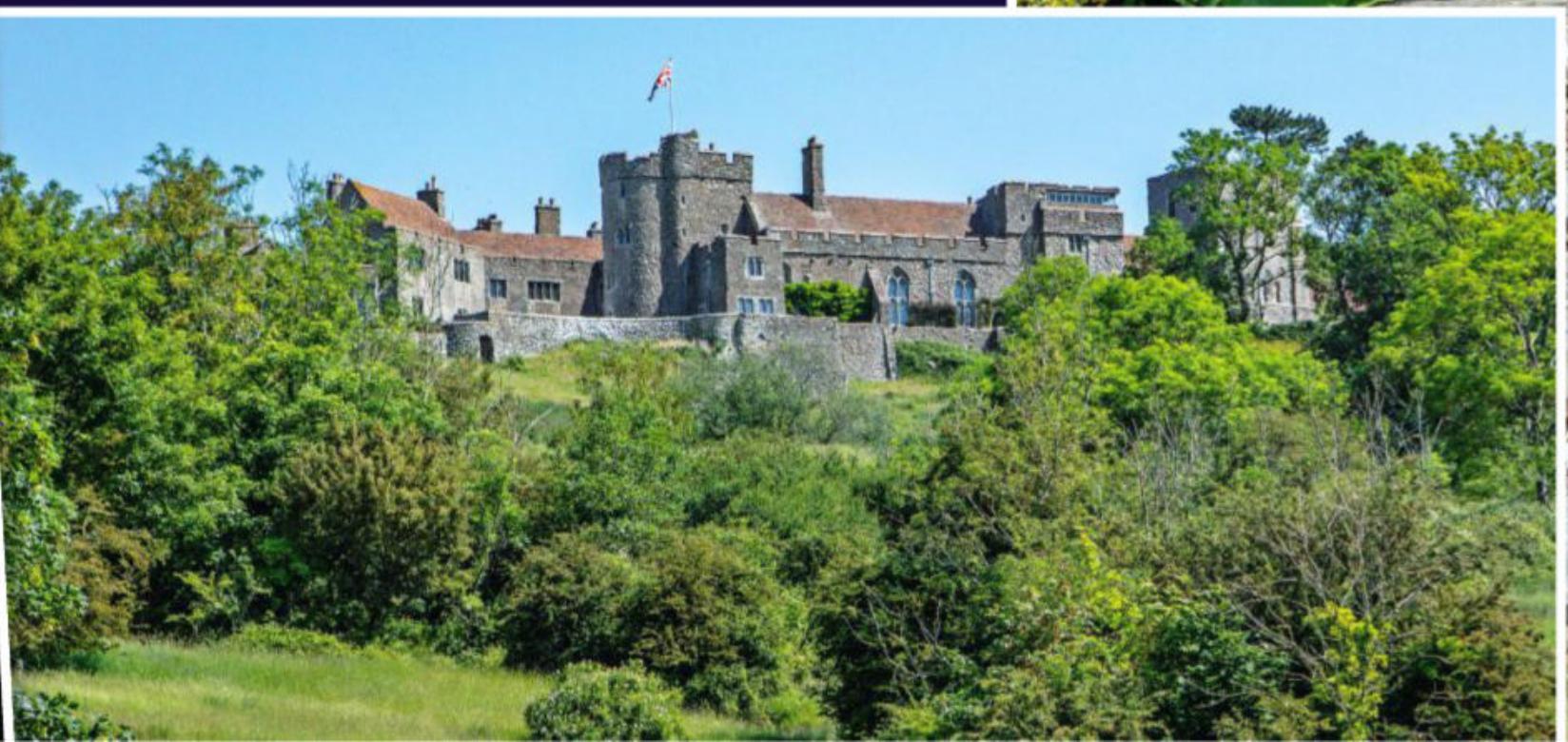
"This is the King's Room; King Henry VIII slept in there," she points out as we pass a room decked out with a four-poster bed and vintage treasures that Ann found at auction.

The castle's rich history dates back to 1080, and tragic 11th-century Archbishop of Canterbury (and later saint) Thomas Becket spent time there. ►



(RIGHT) ANN'S DRESS: DRESS 2 PARTY; BELT: PRITCH; EARRINGS: LAURENCE COSTE. (FAR LEFT) ANN'S DRESS: KRUSZYNSKA; EARRINGS: SUSAN CAPLAN

Stephen admires his "smart, beautiful and kind-hearted" wife (above) as they settle into their new home, set in 139 acres of rolling English countryside (below). Ann (left, second left) at a Max Mara event in 2017 with fellow *The Real Housewives of Toronto* stars Joan Kelley Walker, Jana Webb and Gregoriane Minot





'We want it to feel as though you're in a fantasy castle – medieval outfits, drinks in goblets, and harps' Ann



With its sumptuous wood panelling, the Great Hall (also inset above right) is the centrepiece of the grade I-listed building



Paul McCartney performs with Wings (below) in 1979 – the year after the band recorded their *Back to the Egg* album at Lympne Castle

More recently, it has played host to everyone from the cast of *The Only Way is Essex* to rock'n'roll legends Sir Paul McCartney, who recorded the album *Back to the Egg* here with his band Wings in 1978, and Sir Mick Jagger, who performed a gig nearby.

Ann may have starred in a reality show that follows the lives of glamorous women as they go about their daily lives, but she is also creative and business-driven.

She has a doctorate in business administration and a degree in interior design and, in 1996, she founded iFinance, now one of the largest consumer-finance companies in Canada. She's also a regular on lecture circuits and has presented shows such as *The Ultimate Makeover* in Canada.

Now, Ann and Stephen are looking forward to inviting TV cameras into their lives once again, to follow their journey as they invest £15m in a grand renovation of Lympne Castle.

BEHIND THE SCENES

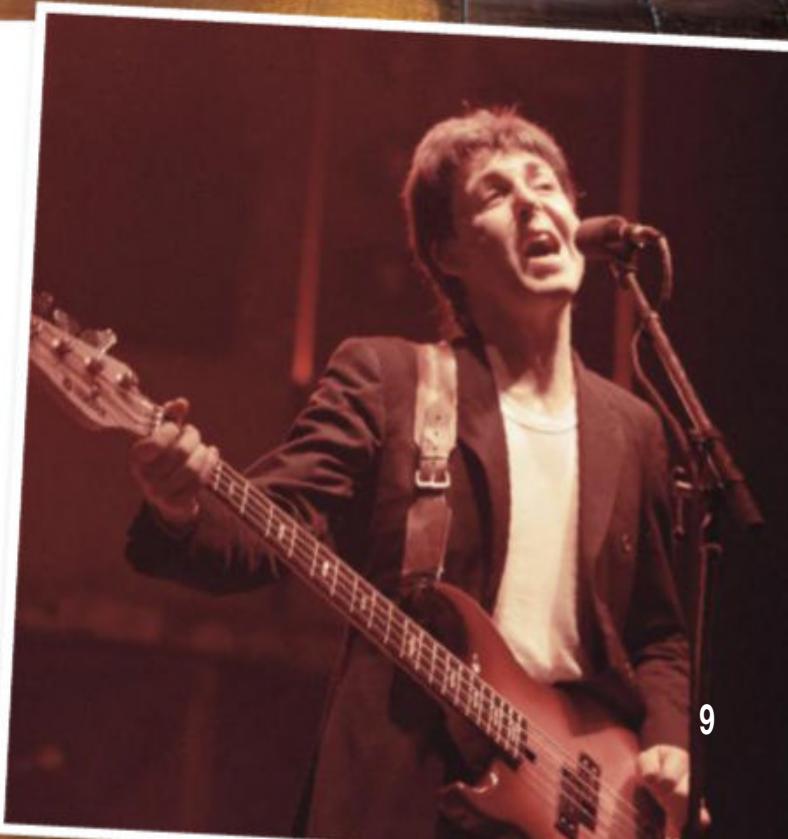
"Ann immediately thought that us doing a castle makeover would make a great reality show," says Stephen, whose own vision for the forthcoming docuseries started out as a mash-up of *Below Deck*, a cult reality show following the antics of staff on luxury yachts, and period drama *Downton Abbey*.

"Rather than a luxury boat crew, we have the staff staying in the cottages in the castle grounds, and then you've got the captain, 'Queen Ann'. I'm the first mate, and we'll

have the crazy, colourful guests who come for their events," Stephen says.

"I love doing reality TV," Ann says. "I could wake up in the morning and be on camera and that would be normal. When you are who you are and you're living to your fullest, you don't care if there's a camera on you, because you're not putting on an act."

As well as making Lympne Castle their family home, Ann and Stephen plan to transform it into a one-of-a-kind tourist attraction, while continuing its long-established use as a wedding venue. ▶





Roaring flames in an original inglenook fireplace warm a cosy bar area, while stone staircases (below left) are carpeted in regal red



"We want it to feel as though you're in a fairytale castle," Ann says. "I want to have the staff in medieval outfits, drinks served in goblets and beer steins, and harps playing in the background, so that couples feel as though they're having their own fantasy dream wedding."

Ann and Stephen's own love story began in 1998, when they met at a plastic surgery convention.

"I saw Ann and knew within 30 seconds that I was going to marry her," Stephen recalls.

"Of course, I made the mistake of telling her that and she was like: 'This guy's either deranged or too cocky for

me,'" he adds with a laugh – but luckily he managed to win her over, and love blossomed.

BLENDING IN

At the time, they each had two children from previous marriages.

"It was like a merger acquisition and new start-up," quips Stephen of their blended family, adding: "It worked out well. Our kids were very close in age and then we had a couple more. It's been a great journey."

Adds Ann, smiling: "We've been happily married for 21 years, which I think is unusual. We actually like each other's company." ▶



'When a flat in London is so expensive, I wondered what a house costs. Then it was: "I wonder what a castle costs?"' Ann



Stephen jokingly goes down on one knee in a room used to host weddings. The venue (also 11 pictured left) has a view of the walled gardens and the English Channel beyond

'Being here has made me feel more connected to my English heritage. It feels very normal' Ann



Blue blood: Ann and Stephen pose (below left) on the four-poster bed in what Ann calls the King's Room, where Henry VIII is said to have slept during a visit to the castle. The room, which is lit by a dramatic chandelier, is decorated with vintage treasures that Ann found at auction





"Ann is extremely smart and beautiful, but also kind-hearted," says former professional ice hockey player Stephen, who retired from surgery in 2021 and now specialises in teaching and non-surgical techniques.

STRONG BONDS

The couple are also kept busy by the six children they share.

"We're a very close family and they're all very talented kids: dancers, musicians, there's never a dull moment," says Ann of their brood, which includes Luke, 34, Gabrielle, 32, Barrett, 31, Keaton, 30, Talise, 20, and 19-year-old Chase, as well as Destiny and Rock – the children of Ann's late sister, whom she took under her wing following their mother's death.

And despite their love of travel, Ann and Stephen feel at home in Britain.

"We've been all over the world – every continent, every major city – and London has become our favourite city for sure," says ►



Ann in the
bridal suite, one
of the castle's 20
bedrooms (also
above left), which 13
is romantically
decked out in
white and gold



(LEFT) ANN'S DRESS: JENNIFER CLAIR, SHOES: STEVE MADDEN. (RIGHT) DRESS: MILLA LONDON, SHOES: STEVE MADDEN, EARRINGS: SUSAN CAPLAN, STEPHEN'S SUIT: ANY OLD IRON

Stephen, who was born in Vancouver to Irish parents, while Ann has an English mother and Hawaiian father, but was brought up by a Scottish stepfather.

"Being here has made me feel more connected to my English heritage," she says.

"We were brought up with food like porridge in the morning, Yorkshire pudding and roast beef, so it feels very normal being here."

Ann and Stephen have a tradition of renewing their vows every five years with memorable ceremonies, each more extravagant than the last.

Their most recent was at a Scottish castle, with an owl swooping on to Stephen's arm with a symbolic ring attached to its leg. Their next will be at their new castle home, which they also plan to let one of their sons use as a location for a forthcoming film he's directing.

RESTORED GLORY

"Ann's on a mission to make Lympne the best-known castle in the world," says Stephen proudly.

The couple have given the tongue-in-cheek nickname "Mulywood" to their other luxurious properties, including their Canadian base in Toronto, in a nod to their surname, which prompts a few eye-rolls from their children.

But Lympne may be the only property on which they won't bestow the moniker.

"I'm not sure the historical society would appreciate it – Lympne Castle for 1,300 years, now Mulywood," says Stephen, while Ann adds with a laugh: "I don't know if Kent is ready for us, let alone for Mulywood!"

INTERVIEW: EMILY HORAN
PHOTOS: TREVOR LEIGHTON

STYLING: GAYLE RINKOFF
HAIR & MAKE-UP: ALICE THEOBALD

For more, visit lympnecastle.com.



'I love doing reality TV. When you're living to your fullest, you don't care if there's a camera on you, because you're not putting on an act' Ann



The couple enjoy the quintessentially English scenery – with the help of a friendly horse (above left). On a clear day, the 15 French coast is visible when looking out from the castle (below left)



16
Ex-Saturdays star Mollie performs (left, second right) with bandmates Una Healy, Frankie Bridge, Vanessa White and Rochelle Humes in 2014. She holds nine-month-old Annabella as the pair watch her fiancé Stuart in action (above), before he celebrates with his family (top)



CRICKET'S 'POSH AND BECKS' MOLLIE KING AND STUART BROAD PRESENTER AND BABY ANNABELLA BOWLED OVER WITH PRIDE

Proud Mollie King gave her fiancé Stuart Broad a celebratory kiss as the England star retired from cricket following a thrilling Ashes series against Australia – that ended 2-2 – after his match-winning heroics at The Oval last week.

Stuart, 37, enjoyed a fairytale finale to his 17-year international career, hitting the final ball for six before taking the winning wicket with his last delivery – then rushed to share the moment with fiancée Mollie and their nine-month-old daughter Annabella.

The 36-year-old BBC Radio 1 presenter and former The Saturdays star wrote on Instagram: “What a moment @stuartbroad – your last test! My darling, you’ve brought joy to so many cricketing fans all over the world, and especially to your family. We have loved every single minute of cheering you on and we’re so incredibly proud of you. Watching you live out your dream has been something I will never forget.”

Later she added: “An unbelievable ending to an incredible career! We’re bursting with happiness for you!”

Stuart, who won the ICC

World T20 Cup with England in 2010 and received an MBE in 2016, revealed that he wanted to bow out of cricket at the top in order to spend more time with his young family. He is “very hands-on” as a dad and “absolutely adores” Annabella, Mollie told the BBC’s *Test Match Special* (TMS) last week. “And she adores him.”

CHANGE OF PACE
After the final Ashes Test, Stuart said: “It’s difficult to walk away from the game I love, but I wanted my last ball to be in an environment that is so special and playing sport I still love – for my lasting memory to be pure joy and happiness. That’s how I feel now.”

Stuart and Mollie – dubbed the new Posh and Becks of cricket – dated on and off from 2012. He had told a mutual friend that he “quite liked the look of the blonde one in the Saturdays”, Mollie revealed to TMS. They became more serious in March 2019, got engaged on New Year’s Day in 2021 and welcomed Annabella last November.

'My darling, you've brought joy to so many fans... We're bursting with happiness' Mollie



England hero Stuart is reunited with a thrilled Mollie and Annabella (also pictured right) at The Oval in London after taking the wicket that won his final match

EXCLUSIVE INTERVIEW
AND PHOTOS

AFTER BRINGING THE EUROS HOME WITH THE LIONESSES ELLEN WHITE INTRODUCES LITTLE TEAM-MATE BABY MAEVE – ENGLAND'S NEWEST FAN



This time last year, Ellen White was savouring being an integral part of the team that brought football home when the Lionesses won Euro 2022 at Wembley Stadium. Fast-forward 12 months and the retired England striker is currently living a very different kind of dream: that of motherhood.

Exclusively introducing her first child with husband Callum Convery to **HELLO!** – and revealing for the first time that their baby daughter is called Jennifer Maeve Convery, known as Maeve – Ellen says: “We’ve spoken about her for so long and she has slotted into our family, like she’s been here for ever. She comes everywhere with me; it’s like having a little best friend.”

“Our lives have completely changed, but Maeve has just turned up and fitted right in,” Callum adds. “It’s the best thing and you can’t do it justice with words alone.”

Little Maeve, who is just 14 weeks old when we meet, was born at the end of April, weighing 8lb 4oz. Her first name was chosen in honour of Ellen’s grandmother, while her middle name was simply one the couple both liked.

“Jennifer is after my grandma; we really liked the name and thought it would be nice to use it,” Ellen says. “Then we stumbled across Maeve and thought it sounded really cute and a bit different. Jennifer Maeve flows very nicely but she will be known as Maeve.”

TEAM SPIRIT

And despite her tender years, she is already making famous friends. Before the Lionesses flew to Australia to play in the Fifa Women’s World Cup – where they have progressed in style to the last 16 after winning all three of their group games – Maeve was taken to meet them at their training ground, where she was presented with a tiny England training shirt featuring her name on the back.

“They all met Maeve and gave her the little shirt,” Ellen says. “That was very sweet. Their schedule has been insane but hopefully, when they win the World Cup, we can see them more.”

Becoming parents caps a romance that began when Ellen and Callum met while studying at Loughborough University, getting engaged six years later and marrying in 2014. Kissing and cuddling their daughter during their

'A lot has changed, hasn't it? I'm super happy with all we achieved with England, but this is a new chapter for us'



What a difference a year makes:
Ellen with team-mates Millie Bright and Rachel Daly after their Euros win at Wembley (above) and now (far left) celebrating another long-held life goal, becoming a mum



Little Maeve, all kitted up to cheer on the Lionesses when the family travels 19 Down Under this month, and (left) with new mum Ellen and dad Callum

'She was popped on my chest and Callum cut the cord. We all cried – such a special moment'



20 Jennifer Maeve – chilled but already showing leg strength that takes after her football-star mum, according to dad Callum – snuggles in her mother's arms (above) in the nursery at the family's Derbyshire home (right). Her first name was chosen in honour of Ellen's grandmother, but her middle name is how she'll be called. "Jennifer Maeve flows very nicely but she will be known as Maeve," Ellen tells HELLO!

interview, it's clear the couple have completely settled into their new roles as they pose for photographs in their Derbyshire home.

Maeve's arrival was as calm as the demeanour of her besotted parents after she was born by Caesarean at Tameside hospital. Explaining why the surgery was planned, Ellen, 34, says: "I'd had a number of injuries from playing football, including to my back, and I had fractured my pubic bone and punctured my lung. We felt this was the safest route to go down."

So when Ellen was 39 weeks pregnant, she and Callum checked into the hospital at 7.30am, and within just a couple of hours, Maeve was born. "It was a really nice experience," Ellen recalls.

"Obviously everyone goes through different types of labour, so we feel extremely lucky to have experienced what we did and to have had the support and the staff at the hospital – they were amazing. It was all pretty relaxed and felt quite calm."

Callum describes the moment of Maeve's arrival as "surreal and emotional", not least when the new parents were given the chance to see if their new arrival was a son or a daughter. "They dropped the drape and lifted her up so we could tell if she was a boy or a girl," Ellen says. "It was a really special moment. She was popped on my chest, then Callum cut the cord and held her for a little while. We all cried – it was such a special moment for us as a family."

The new family of three came home from hospital after one night and started adjusting to their



'She has some pretty strong role models around her – a very lucky baby' Callum

new way of life. "Those first few weeks were really special, especially as Callum was at home all the time, so we could have those moments of all being together as a family," Ellen says.

While resembling her father in her looks – although she also looks like Ellen when she was a baby – Maeve has inherited her parents' calmness, too, and her mother's penchant for sleeping.

"Ellen is renowned for falling asleep on a bus or a plane before it starts to move, and that's similar to Maeve," Callum tells us. "Her legs and her strength in her grip are also really strong."

IN MUM'S FOOTSTEPS

Will she follow in her mum's footballing footsteps? Over to Ellen. "If that's what she wanted, I would say: 'Let's get in the garden and practise.' I found being part of a team is really lovely; you develop communication and discipline, you're active and it's a lot of fun."

Senior football development officer Callum, 35, adds: "She has some pretty strong role models surrounding her – a very lucky baby in that respect."

Ellen is working as a pundit for the BBC while she watches those very same role models take on their rivals at the World Cup. She does radio work for the corporation at home, but travels to its Salford studios when she is filming for TV, bringing Maeve along.

"Callum has come with me for a couple of games and my ➤



Maeve's tiny England kit takes pride of place with her toys (right), a gift from Mum's team. "That was so sweet," Ellen says. "Their schedule has been insane but hopefully when they win the World Cup, we can see them more"



ELLEN'S DRESS: LIQUORICE





Parenthood caps a romance sparked while Ellen and Callum were students at Loughborough University. They got engaged six years later and wed in 2015



An expectant Ellen with Millie and Rachel in February (above) – for this vital tournament she's cheering them on from the commentary box

mum and dad have travelled there as well. Everyone's been really lovely and really supportive; I couldn't ask for more.

"It was a great opportunity for me and I've really enjoyed it, as has Maeve – she's very sociable and gives big smiles to everyone."

In fact, the family will make the long-haul flight to Sydney later this month, when Ellen will be covering the semi-final and final.

"Just the 'short' trip to Australia as our first family holiday," she jokes. "But it's something we can tell her we did when she grows up. We are really looking forward to it."

Travelling Down Under with her new clan to be a TV pundit gives her a whole new angle on the beautiful game, 12 months after England beat Germany to win the Euros last July.

"A lot has obviously changed in a year, hasn't it?" she says. "It was an incredible feeling when we won the Euros, but a year on, to have Maeve with me while working on the other side of the game, I feel really content. I am super happy with all we achieved with England, but this is a new chapter for us. It's been a lot of fun."



INTERVIEW: LAURA BENJAMIN
PHOTOS: TREVOR LEIGHTON

STYLING: LORRAINE McCULLOCH
HAIR & MAKE-UP: JADE LEVERTON
AT CREATIVES

**'Just the "short" trip to Australia as our first family holiday!
It's something we can tell her we did when she grows up'**



A year on from the Euros win (below), Ellen – England's record goal scorer in the women's game – is getting ready to fly to Australia with her little family and use her punditry skills on their progress in the World Cup finals





The birthday boy, in Lanvin, with his showstopper of a cake; and Dina Asher-Smith in Self-Portrait (left)

SUPPORTED BY STARRY FRIENDS AND FAMILY

STORMZY

THE SUPERSTAR RAPPER CELEBRATES HIS 30TH BIRTHDAY AT A LAVISH LONDON BASH

There aren't many people who could gather the best of British TV and music in one room. But when superstar rapper Stormzy threw a lavish party for his 30th birthday, dozens of big names gladly accepted their invitation to one of the most star-studded events of the year.

Among guests at The Mike Gala – a nod to the Croydon-born Brit Award winner's real name, Michael Omari – at London's Biltmore hotel last week were TV personalities Alesha Dixon, Alison Hammond, Jonathan Ross and Louis Theroux, rappers Little Simz, Tinie Tempah and Skepta and sports stars Dina Asher-Smith and Jermaine Defoe.

The man of the moment, dapper in a custom suit by Lanvin, with Burberry shoes and Tiffany jewellery, said: "I wanted to look amazing; I wanted to shine. I just wanted it to be me. But I wanted it to be special. I've never felt this good."

Guests at the exclusive event, which had a "Dress Your Best" fashion code on the invitation, were

treated to a three-course meal inside the hotel's glittering ballroom before dancing and taking turns at casino-inspired tables. Several tried their luck at the roulette wheels, playing with Monopoly-style money that featured Stormzy's face.

BLINDED BY HIS GRACE

Inside the event, Mercury Prize winner Little Simz shared a warm embrace with the birthday boy while *Britain's Got Talent* judge Alesha, attending with her husband Azuka Ononye, got down on the dancefloor. *This Morning*'s Alison brought son Aidan as her plus-one while Charlene White – attending straight from fronting the ITV news – was joined by *Loose Women* co-star Judi Love. Both looked glamorous in evening gowns.

Louis and Jonathan were seen chatting to rapper Big Zuu as *EastEnders* star Danny Dyer posed for photographers with his wife Joanna Mas. Star sprinter Dina looked stylish in a floor-length



Clockwise, from above: Judi Love; Charlene White; Stormzy with Alison Hammond and her son Aidan. "Happy 30th birthday to this big man," Alison wrote on Instagram. "Thanks for letting us share such a beautiful night of love and light, with family and friends. Aidan had the best time and I am now the coolest mum around"



Alesha Dixon in a
Sehnsucht Atelier
gown with Swarovski
and Vrai jewellery



26

Alesha with husband Azuka Ononye, in Alexander McQueen, and Jonathan Ross – who said of Stormzy the philanthropist: “I love him and I love his music, but I’m more moved by the difference he makes, the way he always tries to open the door for people”

Below, from left: Judi Love and Charlene White; Little Simz and *Top Boy* star Micheal Ward; Manny Norté, Yianni Charalambous – “@stormzy knows how to throw a birthday party,” the luxury car customiser wrote on Instagram – Jermain Defoe, Big Zuu, Ivorian Doll, Daniel Ashville Louisy, Bugzy Malone and Anthony Yarde





(Clockwise from above) Stormzy and Dina lead the action at the casino tables; Big Mike on the mike – “I’m so grateful to God for 30 years of life; grateful for the love in my life, from my friends and my family,” he said – and showing off his best dancefloor style with Alesha

white Self-Portrait gown, and former footballer Jermain snapped a selfie with the birthday boy, later posing for photographers alongside DJ Manny Norté, celebrity car customiser Yianni Charalambous, rappers Ivorian Doll and Bugzy Malone, YouTuber Daniel Ashville Louisy and professional boxer Anthony Yarde.

“I’m so grateful to God for 30 years of life,” Stormzy posted on Instagram last week. “I’m grateful for the love in my life, from my friends and my family... I’m just mad grateful for everything, every intricate detail. Every high, every low and everything in between. For my birthday all I wanna do is spread the love and blessings that my God has showered down on me on to others.”

H

REPORT: LAURA BENJAMIN



THE INSIDE STORY

ELIZABETH HURLEY AND SON DAMIAN SHINE ON PARTY GETAWAY TO MAJORCA

Proving she doesn't need a bikini to make a splash, Elizabeth Hurley switched her usual swimwear for something more glamorous – a flamenco-red chiffon gown (left) – when she flew to Majorca as guest of honour at a party hosted by German property developer Marcel Remus.

By her side was her son Damian (together below), happy as always to act as his mum's plus-one – and to share clips of her on Instagram.

No stranger to sun-drenched destinations, it was Elizabeth's first visit to the island in seven years. But she said she was already planning a return trip. "I love the mix of nationalities,

the magic vibe, plus the fact it's a great place to relax and revive," she told one interviewer on the night.

It's not just on the red carpet that she and Damian are proving a successful double act. They have also teamed up to make a film together, with Elizabeth starring in mystery drama *Strictly Confidential*, which Damian both wrote and directed. "Working together was a dream," he has said of the experience.

So much so that they could soon be doing it again. "We have a project which has to be shot on an island," Elizabeth explained. "Majorca would be ideal..."



MADONNA FAMILY MATTERS TO MATERIAL GIRL AFTER HEALTH SCARE



As the highest-grossing solo touring artist of all time, Madonna is nobody's support act. But with her Celebration tour on hold following her recent health scare, the singer found another way to get Into the Groove: by watching her friend Beyoncé perform in New Jersey.

Madonna was with her three youngest daughters: twins Stella and Estere, ten, and 17-year-old Mercy. And as well as being snapped in the VIP area, all four later joined Beyoncé and her six-year-old daughter Rumi backstage at the MetLife Stadium.

Posting a photograph of the two families on Instagram (right), Madonna captioned it: "Thank you Queen B for your magnificent show.

My daughters were enthralled! We love you!"

Family time is even more precious to Madonna after her recent illness – and she has credited her children with helping her recover from a bacterial infection that saw her spend several days in intensive care after being found unconscious in her New York apartment in late June.

In a heartfelt post, the mum of six paid tribute to her brood, including David, 17 (above), Rocco, 22, and Lourdes, 26 (above left). "Love from family and friends is the best Medicine," she wrote. "When the chips were down my children really showed up for me. It made all the difference."

HARRY STYLES FINE LINES FROM DAVID HOCKNEY'S BRUSH

One is known for his love of colour, his flamboyant fashion sense and boundary-breaking style – plus his devoted fanbase. The other is Harry Styles. When the golden boy of the pop world was approached to sit for Britain's most celebrated living artist, David Hockney, he happily agreed and called swapping the recording studio for the art studio "a complete privilege".

Painted in acrylics at the artist's home in Normandy, France last May (below, Harry

sitting for David), the finished portrait (right) captures Harry, sitting in a wicker chair and wearing a typically colourful outfit of jeans and a bold striped cardigan, accessorised with a string of pearls and chunky rings.

It will form part of the updated David Hockney: Drawing From Life exhibition at the National Portrait Gallery in November, which ran for just 20 days before Covid closed the gallery in March 2020.

Clearly a fan, Harry, who has been described as an "avid" art collector, said: "David Hockney has been reinventing the way we look at the world for decades. I'm in awe of the man with enough one-liners for a lifetime."

Sitting is not something the singer and actor has been doing much of lately, having only just wrapped his epic worldwide Love On Tour series of shows with a final, high-energy gig in Reggio Emilia, Italy. Paying tribute to his devoted fans in a reel on Instagram, he told them: "You've changed my life."



THE INSIDE STORY



SAMANTHA BARKS 'FROZEN' STAR MELTS HEARTS WITH BABY NEWS

The champagne is definitely on ice for Samantha Barks, the star of the West End production of Disney's *Frozen*, who has announced she is expecting her first child with her husband Alex Stoll.

After months of holding on to their secret, Samantha and Alex (left) finally Let It Go, sharing the happy news with fans, friends and followers on social media.

Alongside a photo featuring a tiny pair of booties and a soft toy (above right), plus the October due date of "Baby Barks-Stoll", Samantha, 32, wrote: "We are so excited to meet you little one!!" There was also a short clip in which the couple's hands and the paws of their dog Ivy were slowly drawn back to reveal a scan photo (right).

The actress, who played Eponine in the film version of *Les Misérables* and starred in *Pretty Woman* on Broadway before winning the role of Elsa in *Frozen*, is due to go on maternity leave from the hit show later this month. Stepping into her (snow)shoes will be Jenna Lee-James.



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SERENA WILLIAMS AND HUSBAND ALEXIS SMASH BABY REVEAL

It looks like it won't be mixed doubles for former tennis star Serena Williams and her husband Alexis Ohanian – not yet, at least, after revealing they are expecting a little sister to join their five-year-old daughter Olympia.

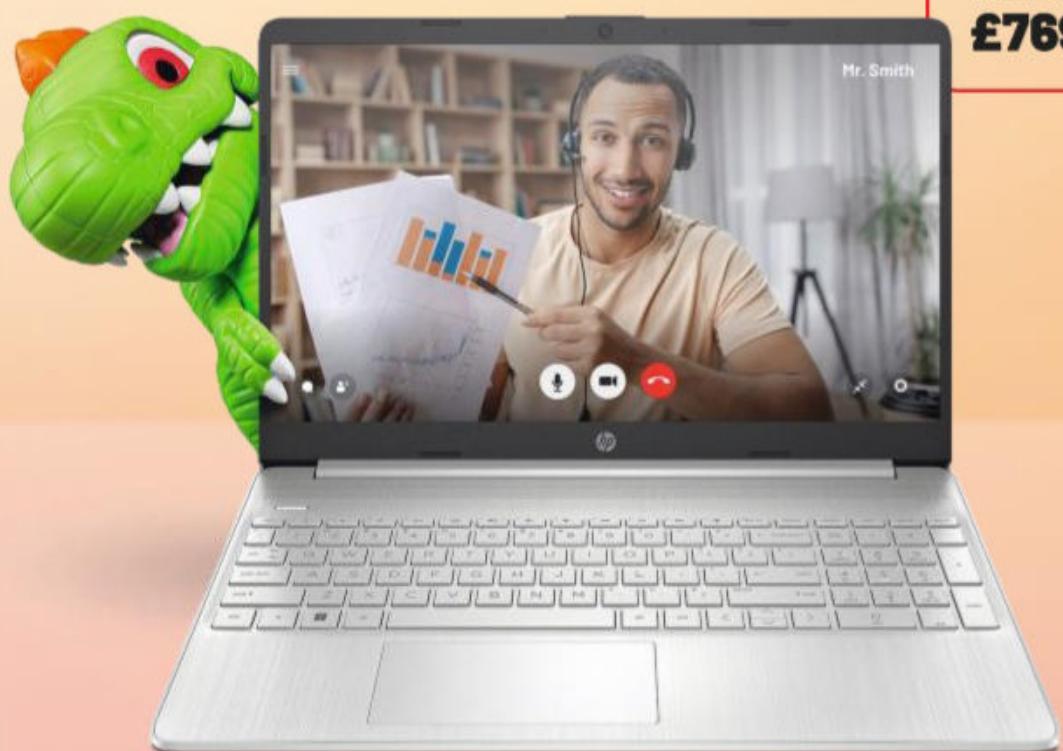
Sharing the news on a YouTube video, the couple and Olympia (all right) hosted a party in which the big question was answered by drones that lit up the night sky with the words "It's a girl" (above).

In a clip recorded earlier, 41-year-old Serena said: "Obviously I'm team pink, but I'm a little nervous because I

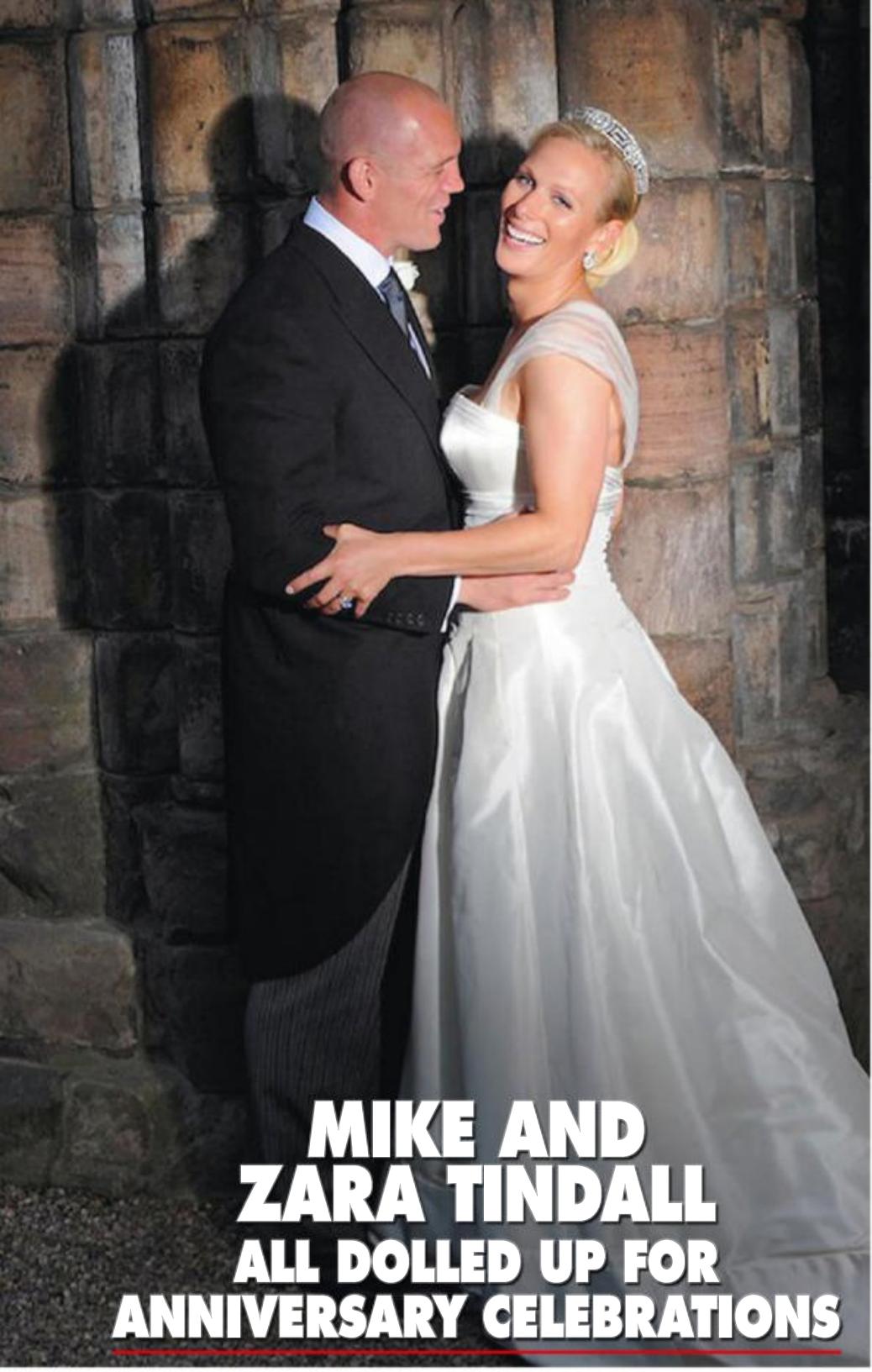
don't have any contingency plan if it turns out to be a boy."

The multiple Grand Slam winner, who retired from playing last year, knows that growing up with a sister has its advantages – she is close to her older sibling Venus, who attended the party along with their father Richard.

Serena let the world know she was expecting her second child at the Met Gala in New York in May, where she proudly displayed her bump in figure-hugging custom Gucci. "Planning on being stylish this time around," she later joked on Instagram.



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MIKE AND ZARA TINDALL ALL DOLLED UP FOR ANNIVERSARY CELEBRATIONS

THE INSIDE STORY



Traditionally, the material associated with your 12th wedding anniversary is silk or linen. For Mike and Zara Tindall, however, it's plastic – Barbie plastic. Proving he and Zara really were made for each other, the former England rugby union star – for whom the number 12 has special significance as he wore it when playing for England during his international career – celebrated their day by posting photos of the pair as toy couple Ken and Barbie on Instagram.

"Thanks for the messages, it's been a great 12 years. Feel like we are getting younger," wrote Mike alongside the AI-

generated images (above), adding the playful hashtag: "#zarbieandTen".

After eight years of dating, the couple married in 2011 at Canongate Kirk in Edinburgh, where guests included Zara's grandparents Queen Elizabeth II and the Duke of Edinburgh, cousins Princes William and Harry, and her mother the Princess Royal, whose stunning Greek tiara, loaned to Zara for the occasion, perfectly complemented her Stewart Parvin dress (left).

The couple welcomed daughter Mia two and a half years later and are also parents to Lena, five, and Lucas, two.



LETIZIA AND FELIPE OF SPAIN BREEZY DOES IT ON BALEARICS BREAK

It wasn't just the sun that shone when King Felipe VI and Queen Letizia of Spain visited Majorca's Jardines de Alfàbia with their teenage daughters, the Princess of Asturias and Infanta Sofía. The family are on holiday on the island and stopped at the attraction, where they posed for a series of informal photos, adding a shot of colour in the process.

Demonstrating their close family ties, 17-year-old Princess Leonor and her 16-year-old sister Sofía looked relaxed and confident in the holiday snaps, which were shared by the Spanish court. Seemingly taking tips from their ever-chic mother, they, too, opted for the winning combination of bright and breezy dresses and practical but stylish footwear.

The break comes as Leonor prepares to take her next step. Later this month, the heir to the Spanish throne will start three years of military training in preparation for becoming commander-in-chief of the armed forces when she succeeds her father as monarch.

In a recent speech, self-assured Princess Leonor (second from left in photo) said she was "happy" to embrace the challenge, calling it "an important moment in my life".



THE PRINCESS ROYAL PRIMROSE AND PROPER AS SHE GIVES ASCOT RACE MEET A LIFT

With the unpredictable weather and strict dress codes to navigate, choosing what to wear to the races can be a conundrum. But one person who always knows the form is the Princess Royal. A long-time favourite with the horse-racing fraternity, Princess Anne attended the Qipco King George Day at Ascot, where she presented the prizes for one of flat racing's most prestigious events, which has previously been won by racing greats Lester Piggott and Frankie Dettori.

Wearing primrose yellow and one of her most treasured pieces of jewellery, a

golden horse brooch she is believed to have owned for more than 40 years, Anne was all smiles (right) as she met fellow enthusiasts, consulted her racing guide and chatted to participants such as jockey Ryan Moore, a 75-time Ascot winner. She was accompanied by her husband, Vice Admiral Sir Tim Laurence (below), who watched the racing action by her side.

Presenting the trophy (above) for the King George VI and Queen Elizabeth Stakes – the race named after her maternal grandparents – the Princess congratulated the jockey, owners and trainer of the winning horse, Hukum.



HORSEPLAY AT GATCOMBE PARK

ZARA TINDALL IS JOINED BY HER LITTLE FILLIES AND THEIR COUSINS ON A FUN DAY OUT



Mia Tindall reaches for the skies on a bungee swing as Savannah Phillips (below) bounces into action, with both girls sharing their exploits while cooling down (above right)



It was very much a family affair for Zara Tindall when she took part in the Festival of British Eventing.

The Olympic equestrian was competing in the event at Gatcombe Park, the Gloucestershire estate on which she lives, but it was playtime for the younger members of her brood.

Mia, Zara's nine-year-old daughter with husband Mike, was certainly having fun horsing around with her cousin Savannah Phillips, 12, on day one of the competition.

While Mia hit the heights on a bungee swing, Savannah, whose father is Zara's brother Peter, had a go on some inflatables, with both laughing together when they stopped for a relaxing drinks break.

SPINNING AROUND

Daredevil Savannah also performed an impressive somersault on the bungee, and Mia also swung into action by spinning upside down.

Not missing out on the fun, Peter's younger daughter Isla, 11, was spotted indulging in an ice cream, while Zara and Mike's five-year-old daughter Lena took a turn on the bungee swing and played with a toy sword.

Her mum, meanwhile, was in full riding gear as she practised on her horse, *Classicals Euro Star* – known informally as Casper –

Lena Tindall gets to grips with a toy sword, while her cousin Isla Phillips (left) has an ice time



'It's such a unique place to ride around and one of the main competitions' Zara



before she was joined by her own mother, the Princess Royal.

Princess Anne and her husband Vice Admiral Sir Tim Laurence, who also live on the estate, chatted to Zara ahead of her competing, with both looking the part in waterproofs and brown boots. Anne also sported a riding helmet as she carried a bucket of horse feed.

The festival is a firm favourite of mother and daughter and not just because it takes place on the estate where they live. "It's a great day out with so much to see," Zara said last week. "It always produces a great competition."

Most of her family are also involved with putting on the competition: Peter is event director while their father Mark is the course designer.

REIN-ING QUEEN

Now in its 28th year, the three-day festival encompasses events with riders and horses competing in dressage, showjumping and cross-country.

Zara was competing on two horses this year. As well as nine-year-old Casper, she took part on Class Affair, a 14-year-old chestnut gelding known as Socks. She'd also ridden them both at an event in Aston-le-Walls in July.

Riding at Gatcombe was special, she has said: "The top riders came and rode here...It's such a unique place to ride around and one of the main competitions."

However, competing "at home" didn't make it easier, she added. "I have massive fear I'm going to go the wrong way."



Zara puts Classicals Euro Star through his paces and (left) chats to her mother the Princess Royal and stepfather Vice Admiral Sir Tim Laurence at the Festival of British Eventing at the family's Gatcombe Park home

EXCLUSIVE INTERVIEW

A YEAR AFTER HER DREAM WEDDING KAREN HAUER THE 'STRICTLY' STAR ON THE SECRET OF A HAPPY MARRIAGE AND HER LOVE FOR HER PETS



No dancing around the subject: After her wedding to Jordan Wyn-Jones in June 2022 (above), newlywed Karen says counselling is the key to a happy marriage. The Strictly pro – who last year teamed with Jayde Adams on the dancefloor (left) – is also looking forward to this year's series. "It's going to be absolutely extraordinary," she tells HELLO!

It's only a year since *Strictly Come Dancing*'s Karen Hauer married Jordan Wyn-Jones, and today she is sharing with us the surprising revelation of what she believes makes for a happy marriage.

"Counselling," she says, candidly. "I think communication is massive. But learning to communicate... we get outside help."

Talking exclusively to **HELLO!**, the popular Venezuelan-American dancer adds: "It's about dealing with things the right way and not just running away, and I guess that's what makes us tick even better.

"So, whenever we're having tricky moments, it's just seeing the vulnerable side of each other and understanding it. Nobody is perfect and there is no such thing as a happy marriage or a happy relationship with the perfect couple."

Karen, 41, and fitness professional Jordan, 34, tied the knot in June 2022 in a joyous celebration that they kept under wraps until after the event, when it was covered exclusively by **HELLO!**. The romantic nuptials were held at Chewton Glen in Hampshire – the same spot where fitness professional Jordan had proposed.

"It felt so special to bring our families and friends together," Karen told us of the ceremony, which was attended by close *Strictly* friends including Janette Manrara and Luba Mushtuk.

World champion dancer Karen, who is the longest-running pro on the show, is now hard at work rehearsing for the new series.

"Everyone's working their tooshies off... From what we're slowly creating, it's going to be absolutely extraordinary."

However, this year's competition is tinged with sadness. Karen's fellow professional Amy Dowden, who revealed in May that she had been diagnosed with breast cancer, is now undergoing chemotherapy, which means she will be unable to dance with a celebrity partner on the show.

"We think of Amy all the time, and of how much she would love to

be here with us," says Karen. "We're always keeping in touch with her. And this one is definitely for her; all of this we're doing, we're doing it for her."

While she has spoken about how she struggled with her mental health from her teenage years – seeking counselling more than 15 years ago when she was going through her first divorce – she is in a happier place, thanks to husband Jordan and her canine clan, rescue dogs Marley, Phoebe,

Joey and Betty.

"Nothing compares to the love of a dog. No matter how you wake up, the dogs are always going to be happy to see you with their tails wagging," she says.

Karen refers to her dogs as her "little babies". Of Marley, she says: "I know it's going to sound weird, but it's like having a child, but it's a furry child."

The rescue dog came into her life while she was with an ex-boyfriend, via the Wild Heart Foundation in Greece. Marley was discovered as a puppy in the middle of nowhere discarded in a box, and during their break-up, she and her ex co-parented the rescue pup. Karen says: "The most important thing was to make sure we were both looking after him. He was our priority, but it's hard to keep that same person in your life for the rest of the time."

It's the reason she has been working with pet-sitting and walking platform rover.com, which offers couples advice on how to navigate a break-up while co-owning a dog. "It's tricky, but you have to slowly acknowledge the fact that there's only one person the dog's going to end up with. In the process, Marley has always been a very happy dog."

Karen hasn't ruled out adding children into the mix. "There's always the possibility, but right now I'm really happy living in the moment with my husband and with the dogs."

INTERVIEW: PHOEBE TATHAM

Rover is offering new users £20 off services with code *Summer23*. Visit rover.com/uk.

'There's always the possibility of kids, but right now I'm happy with the dogs'



Karen with two of her rescue dogs. She says her canine clan has embraced life with her husband. "They can't get enough of Jordan," she tells us. "It's amazing to see, especially when you have a bad day"

EXCLUSIVE INTERVIEW AND PHOTOS

AS SHE CELEBRATES HER 40TH
LIZ AND KELVIN FLETCHER
ON THE SURPRISE BIRTHDAY FARMYARD
PARTY THAT HAD ALL THE FUN OF THE FAIR



Children Marnie, seven this month, Milo, four, and 15-month-old twins Maximus and Mateusz celebrate with the couple following Liz's joyful, emotional reaction (left) to the surprise party (below left and right)

Kelvin Fletcher has been an actor since he was a child, playing Andy Sugden on *Emmerdale* for two decades before going on to star in TV dramas and on the stage.

But his skills were put to the test when he decided to arrange a surprise party for his wife Liz to celebrate her 40th birthday.

Unbeknown to Liz, Kelvin spent days secretly transforming the family's 120-acre farm into a fabulous festival site, complete with fairground games, a 100ft inflatable assault course with ball pits and slides, a stone-fired pizza stand and a tepee strewn with hay bales and twinkling fairy lights.

"I'd be sneaking out to mow

'To see all these faces I know – it was the most overwhelming feeling; complete joy' Liz



the fields and put the tepee up until one in the morning," Kelvin, 39, tells **HELLO!**, exclusively sharing photos from the day with us. "I'd tell Liz I was checking on the sheep – but my excuses were getting thinner and thinner."

Thankfully, he pulled it off with flying colours, gathering around 80 of their closest friends and family – including children Marnie, seven this month; Milo, four, and 15-month-old twins Maximus and Mateusz – for an unforgettable party, much to the astonishment of his actress wife.

"I had no idea," says Liz, who appeared in *Hollyoaks* earlier this year. "To see all these faces I know – it was the most overwhelming feeling; complete joy."

Kelvin had cleverly sent Liz on a spa weekend with a friend to get her out of the house while he put the final touches to the festival scene – and guests began arriving.

TOP SECRET

"It was planned that my friend would have me back for a certain time," Liz says. "Luckily, they told me we were having a meal with the ITV production crew [who are working on their upcoming docuseries, *Fletcher's Family Farm*], otherwise I would've been in my jogging pants with no make-up."

Kelvin met Liz returning in their drive and led her towards the field down a literal memory lane – photographs of their life together lined the route.

They were then met by the waiting crowd, which included their four excited children.

When she realised what was happening, Liz cried with joy. "Everywhere I turned, I saw people I hadn't seen for ages. It felt so special that everyone had made the effort to come."

Kelvin had let Marnie and Milo in on the surprise the day before. "I said: 'Guys, I've got a secret to tell you.'

"I explained: 'We're going to do a surprise party for Mummy and we can't tell her anything.' Milo kept saying: 'Well, I'll just tell her a little bit,' but they took it in their stride and they didn't give the game away." ▶



'I said: "We can't tell Mummy anything," but Milo kept saying: "Well, I'll just tell her a little bit'"



Friends join the fun, including childhood pals Vicky Cobb and Claire Bacci (right) and Kelvin's *Emmerdale* co-star Chris Bisson and his fiancée Rowena Finn (below)



Guests, including their farmer neighbour Gilly Storer and Kelvin's *Emmerdale* co-star Chris Bisson, were treated to freshly made pizza and a drinks trailer serving wine and local gins. The pièce de résistance was slow-cooked lamb tacos made by TV chef friend Marcus Bean.

The meat was very locally sourced indeed. "It was the first chance everybody got to taste our lamb," says Kelvin.

Marnie and Milo were in their element, winning cuddly toys at the tin can alley and riding miniature

Land Rover-style vehicles around the farm with the other youngsters.

"The parents were finding the kids completely covered in mud and they were just loving life," says Liz with a laugh.

Partying went on until midnight to tunes from Wolverhampton-based DJ Kiddo. "At the end of the day, pretty much everyone had gone and the heavens had opened, but we just danced," 2019 *Strictly Come Dancing* champion Kelvin says. "For a moment, it was like winding the clock back."

Hugs are the order of the day for 40 the birthday girl, from a loving cuddle with Marnie (above) to a warm embrace from neighbouring farmer Gilly Storer (right)





The party could be the start of a new tradition, Liz tells us. "We're going to do this every year. It's going to be 'Fletchers Fest' and we'll invite our friends and family – but we'll have to organise it for during a heatwave!"

OPEN DOORS

Since moving from Manchester to the beautiful Cheshire countryside in 2021, Kelvin and Liz have been determined to share their good life with those around them.

Having already chronicled their adventure with a documentary-style series and their book, *Fletchers on the Farm*, they opened up their farm to the public for an Easter egg hunt this spring. They plan to do so again at Christmas with a magical Santa's Village experience.

They have also finished renovating an 18th-century cottage on their land, which they're letting out as a holiday home – complete with a wood-fired hot tub – and are nearing the end of filming for *Fletcher's Family Farm* on ITV.

"It'll be a nice glimpse into the ups and downs of farming," Kelvin

says. "There's idyllic moments, but there's also the chaos of having a young family."

"The kids were able to watch some pigs being born the other day," adds Liz. "We put our camp chairs in the pen. It was an unbelievable experience for them."

Now that they're toddlers, the twins are beginning to take everything in, too, she adds. "Their own little characters are coming through. They're trying to say 'Marnie' and 'Milo' – it's so cute."

After the huge surprise for her birthday, the pressure is now on for Liz to top Kelvin's efforts when his 40th rolls around in January.

"We'll be working the whole of December, so we might do the festive season in January, in honour of Kelvin's birthday," she says.

As for already reaching the milestone, she tells us: "Being 40 is great so far. I've had lots of birthday treats, the kids are coming into their own – it's been loads of fun. Life starts at 40!" **H**

INTERVIEW: EMILY HORAN
PHOTOS: TOM PITFIELD PHOTOGRAPHY



Kelvin relaxes after all his hard work hiding the surprise from Liz, watching the fun with Marnie (below far left), while guests enjoy the fair (below left) and live music and a DJ set (below)





AS MEGHAN CELEBRATES HER 42ND BIRTHDAY THE DUKE AND DUCHESS OF SUSSEX PRAISE YOUNG PEOPLE WORKING FOR THE PLANET'S FUTURE

The Duke and Duchess are all smiles as they congratulate young online leaders for their work in the digital world (main photo and above), saying it will benefit their children Prince Archie, four, and Princess Lilibet, two (both below left, with their parents in 2021)



On the week of her 42nd birthday, the Duchess of Sussex and her husband the Duke were looking ahead to their children Prince Archie and Princess Lilibet's future.

The couple told recipients of the Responsible Technology Youth Power Fund grants that the children would be "incredibly grateful" for their pioneering work.

Their Archewell Foundation was a founding member of the fund and has a presence on its advisory committee.

Twenty-six youth-led initiatives will receive a total of \$2m (£1.57m) from the fund to support their work creating a more inclusive, equitable and accountable digital world.

A video of the couple shared by the fund showed them smiling broadly as they talked on a mobile phone to the winners from the back garden of their home in Montecito, California.

"Thank you for doing everything that you do; our kids especially are incredibly grateful," Prince Harry said, with Meghan adding: "They don't know it yet, but they will!"

Chatting to Trisha Prabhu of ReThink, an app that aims to detect and stop cyberbullying before it is posted, the Duke told her: "This is amazing. This is exactly why we do what we do. This is exactly why the Youth Power Fund was created."

The couple were also spotted enjoying a special date night at local Italian restaurant Tre Lune to mark Meghan's birthday. The Duchess wore a black-and-white striped strapless dress by Australian-based label Posse as she and Harry, 38, joined friends.

BACK IN THE SADDLE

It started a busy time for the Duke: last week it was announced that he will be in Singapore for the Sentebale ISPS Handa Polo Cup on Saturday 12 August. He will play for the Royal Salute Sentebale Team against the Singapore Polo Club Team, captained by his great friend – and Sentebale ambassador – Nacho Figueras.

The annual event, which raises money to help young people affected by HIV/Aids and poverty in southern

'This is exactly why we do what we do. This is exactly why the fund was created'

Prince Harry



Prince Harry takes to the field for the 2022 Sentebale Polo Cup (below left) in Colorado, USA, and he and Meghan watch the contests at the Invictus Games 2020 in the Netherlands (below)

Africa, was first held in 2010 and since then has raised more than £11m.

"The annual Polo Cup is essential to Sentebale's vital work ensuring children and young people are healthy, resilient and able to thrive," said Harry, who founded Sentebale with Prince Seeiso of Lesotho in 2006.

"In a time where being HIV-positive is no longer a death sentence, we are empowering young people to know their status, stay healthy, and eliminate the stigma so that they can break the cycle."

Ahead of the cup, Harry will be in Tokyo for the ISPS Sports Values summit on Wednesday 9 August on the power of sport, community and philanthropy.

The Duke will join a panel discussion with former New Zealand rugby union star Dan Carter, Sentebale chair Sophie Chandauka and Australian navy veteran Steve James – a gold medal winner at Harry's Invictus Games

for wounded, injured and sick service personnel.

Invictus 2023 itself takes place in Dusseldorf, Germany, in September, when it's widely reported that the Duchess will once more accompany the Duke to the tournament to cheer on the competitors.

REPORT: LAURA BENJAMIN,
DANIELLE STACEY & KIRA RICHARDS



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FIRST ANNUAL CENSUS OF NEW REIGN SWAN UPPING NUMBERS FALL BUT EXPERTS TAKE HEART FROM KING'S SUPPORT



The King's swan marker David Barber (in cap) sets sail on the River Thames, smartly dressed in his scarlet and gold uniform, as the annual swan census begins

Dressed in their regal scarlet and gold uniforms, the King's army of swan uppers set sail along the River Thames on a flotilla of skiffs flying flags with the royal cypher for the annual count of the majestic birds.

In a royal tradition going back 900 years, members of the Vintners' and Dyers' livery companies have been carrying out their annual swan census, travelling 80 miles upstream over five days to check on the numbers and health of cygnets to ensure their numbers are maintained.

CAUSE FOR CONCERN

For centuries, the law has dictated that all unmarked mute swans in open waters are the property of the Crown, and this summer's swan upping, the first to be carried out under the King's reign, has uncovered some worrying news.

In a trend described by the King's swan marker David Barber as "disastrous", July's count appeared to show an almost 50% drop in the number of swans on the river between Sunbury Lock in Surrey and Abingdon Bridge in

Oxfordshire – a reduction that experts blame on bird flu, pollution from boat engine oil and attacks by people and dogs.

"Youths with air rifles and catapults see a big white target to shoot," David told *The Sunday Times*. "Dog walkers let their dog off the lead along the riverbank. The swans are attacked and killed."

Killing a swan was classed as a crime against the Crown until 1998, but is now considered to be criminal damage. It can still be taken seriously, and in 2015 a driver was fined – and apologised to Queen Elizabeth II – for fatally hitting a swan with his van.

Ten years earlier, Sir Peter Maxwell Davies, then the Master of the Queen's Music, was investigated by police after making a terrine from a dead swan he had found.

But David hopes the new King's commitment to conservation and wildlife might lead to a brighter future for the country's swans. "That will be marvellous," he said. "It should really help us on swan upping."

REPORT: TRACY SCHAVERIEN



Cygnets of the times: David and his fellow swan uppers confidently handle the birds during the count (below)





GETTING HER HANDS DIRTY IN LONDON LADY AMELIA WINDSOR SWAPS GALAS FOR GARBAGE TO HELP SAVE THE ENVIRONMENT

Lady Amelia Windsor is usually seen on the front row at fashion weeks in London and Milan, or at events with her relatives the royal family. And she looked effortlessly chic in a frothy pink dress from Hellessy for the annual V&A summer party at the London museum in June.

But last week, the 27-year-old granddaughter of the Duke of Kent traded her glad rags for khakis to help the environment.

Prioritising garbage over glamour, Lady Amelia, once hailed the most beautiful member of the royal family, joined forces with Conserving Beauty, the cosmetics brand

behind the world's first dissolving face wipes, and Earnt, which unites brands with good causes, for a clean-up mission beside the Thames in London.

DRESSED FOR THE OCCASION

The style-savvy model toned down her normally colourful look for a tank top, jacket and trousers – with a litter-picker and a pair of wellies – to trawl along the river bank, collecting rubbish and raising awareness of the problems that non-biodegradable wet wipes cause sewage systems.

With her was Conserving Beauty founder Natassia Nicolao, who stressed the

Showing her model ways, Lady Amelia arrives at the V&A summer party in June (left), wearing a shimmering pink gown from New York label Hellessy, and joins her relatives the royal family on the Buckingham Palace balcony (above) for Trooping the Colour in 2017



'We're all aware of the huge plastic crisis and the effect it's having on our planet'



significance of their eco-friendly products. "Even if our wipes are not dissolved in water after use and are placed in the trash, they will take 14 days to biodegrade in a landfill, unlike other wipes, which can take 100 years to biodegrade," she said.

CAUSES CLOSE TO HER HEART

A supporter of environmental causes, Lady Amelia is a patron of the Cross River Gorilla Project, which helps protect the endangered primates; is an ambassador for No More Plastic; and has worked with the Blue Marine Foundation, of which Princess Eugenie is an ambassador.

On combining her two passions – fashion and the environment – she said in 2018: "We're all aware of the huge plastic crisis and the effect it's having on our planet. Fashion has a key role in that, but then also there are ways we can deal with it. [Designer] Stella McCartney is someone to look up to in that sense. She makes the bigger point that you can be sustainable and stylish. That should be something everyone really looks for when they shop now." **H**

REPORT: KIRA RICHARDS



Lady Amelia helps tidy up the shores of the River Thames in London's Battersea, together (left) with fellow volunteers from environmentally conscious organisations Conserving Beauty and Earnt

FROM CATCHING THE TUBE TO FLIPPING BURGERS IN A VAN THE PRINCE AND PRINCESS OF WALES HOW THE COUPLE ARE SMASHING BARRIERS TO MAKE THE ROYAL FAMILY MORE APPROACHABLE THAN EVER



Prince William turns burger-seller in south-east London to share the message of his Earthshot Prize (above), surprising locals grabbing breakfast (left and below left). "I was lost for words," said one

To the customers queuing at a fast-food van in south-east London, he looked like just another server, flipping burgers for the breakfast rush.

However, when they took a closer look, they noticed the man handing out veggie burgers was the Prince of Wales, wooing passers-by with his impressive sales patter.

"Morning everyone, nicely cooked – ready to go," Prince William told shocked patrons.

His shift on the hot plate, captured in a video on the *Sorted Food* YouTube channel, is the latest in a string of down-to-earth public appearances by the heir to the throne and his wife the Princess.

William was handing out "Earthshot burgers" to highlight the work of three winners of his inspirational Earthshot Prize initiative to repair the planet.

The burgers were made of vegetables grown in Indian company Kheyti's "greenhouse-in-a-

box", which helps small farms cope with climate change; then cooked on a clean-burning portable stove from Kenya's Mukuru Clean Stoves; and finally served in a biodegradable seaweed container from London-based Notpla.

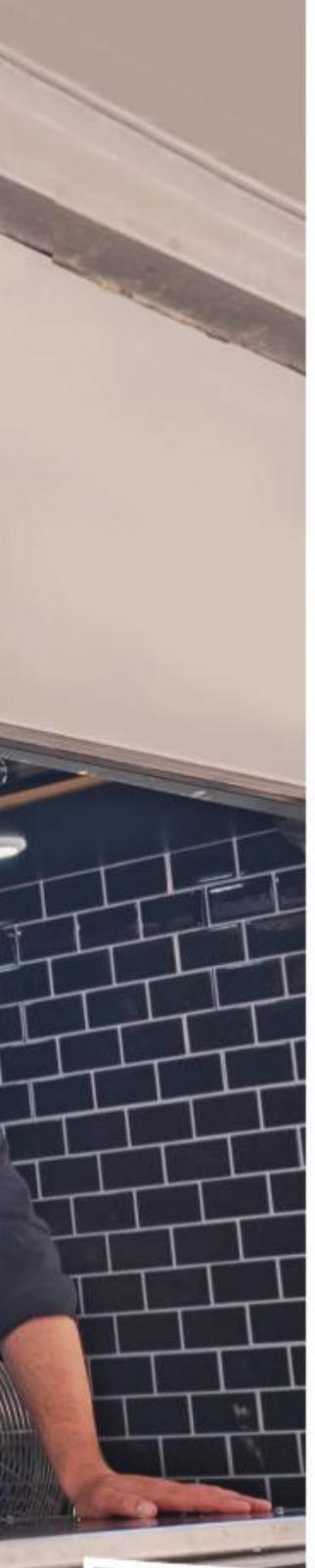
"I was lost for words," said one customer, while another admitted: "It took my brain three seconds to buffer. Am I dreaming? Have I had enough sleep?"

STREET SELLER

There were similar reactions last year, when William took to the streets of the capital to sell copies of social enterprise magazine *The Big Issue*, which helps the homeless get back on their feet. Wearing a red hi-vis jacket, baseball cap and lanyard, he rewarded those who bought a copy with a selfie.

"While I may seem like one of the most unlikely advocates for this cause, I have always believed in using my platform to help tell

'They know the days of royals being aloof and untouchable are long gone'



The Prince and Princess add to the pre-coronation excitement in May with a surprise outing in central London, where Kate compares engagement rings with a fan (above left) 49 and is happy to appear in selfies (left)

'Like the late Queen, they know you have to be seen to be believed'



Determined to make a difference and help others, the Prince and Princess arm themselves with takeaway pizzas from a van in the Welsh village of Dowlais (above) to feed members of the Mountain Rescue team in April. A few days earlier, William amuses his wife with his customer service skills (left), taking a phone reservation as the couple visit an Indian restaurant in Birmingham



those stories and to bring attention and action to those who are struggling," he said.

The Prince, who is royal patron of the homelessness charities Centrepoint and The Passage, also made headlines in 2009 by sleeping overnight in a London alleyway, in sub-zero temperatures and surrounded by wheelie bins, to highlight the plight of people without homes.

ONE OF THE CROWD

Both William and Kate seem determined to make the royal family more relatable than ever before and have increasingly been seen mingling with the public in the most ordinary of settings.

In April, during an official visit to Birmingham, the Princess got the giggles when William answered the phone in an Indian restaurant and took a reservation from an unsuspecting caller.

Then, in May, ahead of the coronation, the couple stunned passengers on the London Underground by hopping on the Tube in Acton – tapping in and out with Oyster payment cards – heading to Tottenham Court Road, before a job at the Dog and Duck pub in Soho.

After drinking cider and chatting to staff and business leaders, the couple posed for selfies with tourists and locals outside, including a purple-haired fan from the US who compared engagement rings with Kate.

"We were talking about how I have a ring like hers, how my nails are painted," said the woman.

She also told the Princess she would be in London watching the coronation, to which Kate replied: "I'll be looking for you, I'll be looking for the hair."

A few days earlier, Kate had

'William is a naturally empathetic man. He is a 21st-century Prince'



Commuters on the London Tube break tradition to chat to their fellow passengers – the Prince and Princess (above). William sells *The Big Issue* (right) and Kate leaves her Mulberry handbag with one-year-old Daniel (below right)



casually handed over her luxury Mulberry handbag to one-year-old Daniel Williams after he made a grab for it during a walkabout in Aberfan, South Wales.

"He was playing with the buckle on her handbag when he suddenly grabbed it off her," his mum Lucy said. "Kate just laughed and said: 'It's hard to keep little ones occupied. You can keep it – I'll get it back afterwards.'

That same trip, William and Kate stopped by a pizza van in Dowlais and walked away laden with food to feed local mountain-rescue teams.

MODERN TIMES

Robert Jobson, author of *William at 40: The Making of a Modern Monarch*, says that while the foundations for the family becoming more relatable were laid by previous generations of royals, the Prince and Princess are set on taking things a step further.

"William is a naturally empathetic man and he knows from both his mother and father that interacting with ordinary people on their level is how the monarchy stays relevant – and the only way to stay in touch with those they serve," he tells HELLO!.

"He and Kate know the days of royals being aloof and untouchable are long gone. Like the late Queen, they know you have to be seen to be believed and William realises that, if he wants people to buy into his Earthshot programme, he has to be out there doing ►





Kate suffers every mum's nightmare as Louis sticks his tongue out and thumbs his nose at her during last summer's Platinum Party at the Palace – watched by the world's press and media. Looking happy, fresh and natural, the Prince and Princess of Wales enjoy a bike ride near their home in Norfolk (below)



Being normal parents is extremely important to the couple, whether that's taking Princes George and Louis and Princess Charlotte to school or (below right) helping them toast marshmallows with a group of Scouts

and to be seen backing up his project with real deeds.

"He is also media savvy and knows the sight of him serving up his eco-friendly burgers is a great photo opportunity. He is a 21st-century Prince."

MUM'S THE WORD

The same applies to Kate, who has been refreshingly honest about the challenges of being a working mother to Prince George, ten, Princess Charlotte, eight, and Prince Louis, five.

Since moving to the four-bedroom Adelaide Cottage on the Windsor estate last summer, the family no longer have room for a live-in nanny and the Prince and Princess try to take the children to nearby Lambrook School themselves. They also go to events such as the school's Christmas fair, which they attended last year after arriving home from a work trip to Boston in the US.

The couple also enjoy everyday pastimes such as riding bikes and

'Kate humanised everything. Not everyone is perfect'



toasting marshmallows with the children.

Meanwhile, mums everywhere must have sympathised as Kate tried to keep Louis's behaviour in check during the Platinum Party at the Palace concert last year – only for him to thumb his nose at her in front of the world's cameras.

Kate has also admitted to struggling with "mum guilt", telling Giovanna Fletcher on her podcast *Happy Mum, Happy Baby* in 2020: "Anyone who doesn't as a mother is actually lying."

She added: "I am such a hands-on mum, and whatever you're doing you want to make sure you're doing the utmost best job you can for your children. And you know, even this morning... George and Charlotte were like: 'Mummy, how could you possibly not be dropping us off at school this morning?'

"But no, it's a constant challenge. You hear it time and time again from mums," she added. "Even mums who aren't necessarily working, aren't pulled in the

directions of having to juggle work life and family life, there's always something.

"And always sort of questioning your own decisions, and your own judgments, and things like that, and I think that starts from the moment you have a baby."

HONEST TRUTH

The Princess opened up more about her emotions last May, during a visit to a youth centre in Bristol with Dame Kelly Holmes, when she told the youngsters she sometimes struggled to fit into royal life.

"She said she had to learn," Dame Kelly said later. "It's a struggle to know you can be accepted and fit in and you are still learning every day. Doing public speaking isn't a natural thing for lots of people, is it? And she was saying she is still working that out."

She added: "So you know, again, she humanised everything. Not everyone is perfect."

REPORT: TRACY SCHAVERIEN



EXCLUSIVE INTERVIEW

PROPELLING THE POP PRINCESS INTO A NEW SHOWBIZ STRATOSPHERE

KYLIE MINOGUE

WOWS THE WORLD WITH THE NEWS SHE IS TO HEADLINE A SPECTACULAR RESIDENCY IN LAS VEGAS



A Night Like This: Billboards announcing shows by the Aussie pop princess (right) at the Venetian (main photo) were unveiled this month (left) – tickets go on sale this week

Spanning almost four decades and creating countless hits, including this year's viral sensation *Padam Padam*, Kylie Minogue's career has certainly stood the test of time.

And this autumn, her dreams of finally cracking the US seem closer than ever before, as she launches a milestone residency in Las Vegas.

The runaway success of *Padam Padam*, which took TikTok by storm and has been streamed more than 40 million times, combined with her residency – marking Kylie's first Stateside tour performances since 2011 – may herald a conquering of America that has eluded her so far. And the singer may surpass even her global

success and status as Australia's highest-selling female artist as she takes on her most lucrative gig yet, with artists who pull off successful residencies – including Frank Sinatra, Celine Dion, Lady Gaga, Sir Elton John, Britney Spears and Adele – often raking in more than \$100m.

COME INTO MY WORLD

Kylie, 55, announced the news at a top-secret event at the Pendry Hotel in West Hollywood, where she spoke exclusively to **HELLO!**

"It's going to be an amazing time," said Kylie, whose concert series at the Venetian Resort's new entertainment venue Voltaire will run from

November to January, with tickets going on sale this Wednesday. The focus of the show, she told us, is "glamour... a little bit of Vegas, but magic".

Explaining why now is the right time to call fabulous Las Vegas her temporary home, Kylie said: "I always thought it would happen at some point. I think if I had done this earlier in my career, it might have been too early. If I'd done it too much later, I'd regret it being too much later.

"Right now – in my life, in my career – it feels like the perfect point, the perfect moment where I've got the catalogue, I've got the history, but I've also got the drive and the ambition to go so much further." ▶

**'It's going
to be an
amazing time'**
Kylie





Spinning Around: Kylie (this page, clockwise from left) on the *Graham Norton Show* in 2020; in Brisbane on her 2011 world tour; at the closing ceremony of the 2014 Commonwealth Games in Glasgow; and on tour in 2014 in Liverpool



than her fair share of ups and downs, including a health crisis – she was diagnosed with breast cancer in 2005 but has been clear for 17 years – the ever-resilient star always bounces back with a vengeance and is now enjoying some of the best days of her life.

STEP BACK IN TIME

While her move back to her native Melbourne last year – where her sister and fellow singer Dannii also lives – is thought to have led to her split from former *GQ* creative director Paul Solomons, who had decided not to relocate, it's clear Kylie is thriving in her homeland and enjoying being close to her family, including Dannii's teenage son Ethan.

Dannii has told **HELLO!**: "Kylie loves hanging out with my son. We love watching the movies, we go to the farm and see the animals and I like to cook for her – she loves my risotto and Kylie does these beautiful roasted tomatoes on bruschetta."

The Vegas news naturally delighted Kylie's legion of fans and finally confirmed fevered speculation that she was the latest megastar to sign up to play one of the world's entertainment capitals. The singer herself ➤



**'It's
glamour...
a little bit
of Vegas,
but magic'**

Kylie on *The Jonathan Ross Show* in 2020; already one of the world's top live performers, she will surely pack her most dazzling costumes and best moves for Vegas, like the metallic jumpsuit (left) she wore at a 57 gala for Qantas's 100th anniversary in Sydney this year



In famous footsteps: Elvis Presley, who had a seven-year Vegas run 58 from 1969; and the Rat Pack (right), who put the formerly little-known gambling town in the Nevada desert on the map in 1960



had been dropping heavy hints, even naming a song *Vegas High* on her 16th studio album, *Tension*, due out on 22 September.

With a seating capacity of 1,000, the art deco-inspired venue – described as a combination of an intimate club, concert hall and non-stop entertainment venue – will play host to an exclusive and glamorous set.

Never one to pass up a showstopping outfit – whether it's her iconic hooded white dress or gold hot pants – Kylie's couture costumes will be developed by a world-class designer who has created looks for stars from Beyoncé to Mariah Carey. Although the set list has yet to be revealed, she is expected to perform greatest hits, from *Can't Get You Out of*





'Right now – in my life, in my career – it feels like the perfect moment'



My Head to All the Lovers, as well as tracks from her forthcoming album, including *Padam Padam* – her biggest solo hit in more than a decade.

"It's been an incredible journey. I will be forever grateful for *Padam* and for what it's given me and what it's given my audience," Kylie told HELLO!. "It's such a joy that my audience and then some have taken it as their own. These people doing their own versions of it, their own merchandise, all the TikToks and the reels... it's gone beyond anything I could have imagined."

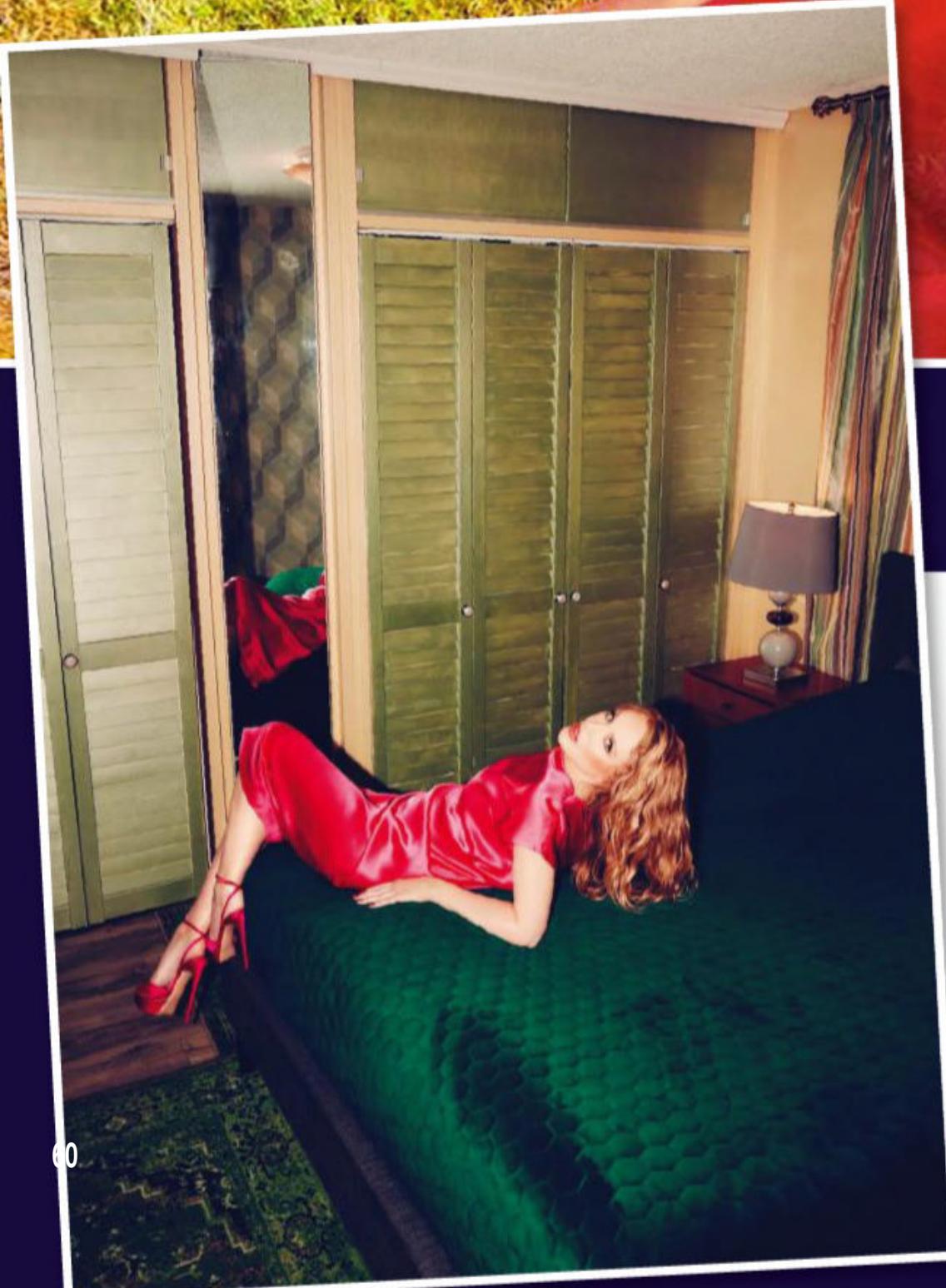
Kylie's Vegas move continues the tradition of world-famous musicians setting up shop in the Nevada desert, dating back to pianist Liberace, who first played Las Vegas in 1944 and continued to perform there until 1986, a year before his death. ➤

Other famous faces who have lit up the Vegas Strip include flamboyant keyboard maestro Liberace, who played in the desert city from 1944 to 1986 (below), and Adele (top), one of the recent legends to add her name to the Sin City pantheon



Kylie (in blue) and her sister Dannii wow the crowds at the Sydney WorldPride 2023 opening concert in Sydney in January. The 59 pop princess has enjoyed being closer to family and friends since relocating to her native Australia at the beginning of last year

'I've got the history, but I've also got the drive and ambition to go so much further'



She should be so lucky: Kylie in the video for *Padam Padam* (above), a breakthrough US hit. The success of the viral sensation, combined with her Sin City residency, could take her success into a new realm, following legends such as Cher (right), who made nearly \$100m during her three-year Vegas stint

Ever since, big names have thrilled audiences on the famous Strip.

In the spring of 1960, the Rat Pack – Frank Sinatra, Dean Martin, Sammy Davis Jr, Peter Lawford and Joey Bishop – performed at the Sands Hotel and Casino while shooting heist movie *Ocean's 11* and are credited with putting the formerly minor gambling destination on the world tourist map.

ON A NIGHT LIKE THESE

Elvis Presley's seven-year run at the International Hotel – now Westgate – from 1969 to 1976 was career-defining, and Celine Dion's *A New Day...* concerts at Caesars Palace's Colosseum from 2003 to 2007 earned \$385m (approx. £190m at the time).

The *My Heart Will Go On* hitmaker – who made history with an

unprecedented additional residency, *Celine*, from 2011 to 2019 – is credited with changing the face of modern Vegas and ushering in a new generation of performers, from Britney Spears and Lady Gaga to Mariah Carey and Jennifer Lopez.

Sir Elton John lit up the Colosseum with *The Red Piano*, which made \$131m between 2004-2009 and paved the way for residencies by Cher, Bette Midler and Shania Twain.

Meanwhile, Sir Rod Stewart returns to Caesars Palace in November with another run of *The Hits*, while just last week, US megastar Lady Gaga announced she would be returning to Las Vegas with her show *Jazz & Piano* from 31 August.

REPORT: EMILY HORAN

Tickets to Kylie's Las Vegas show are on sale from 9 August; visit voltairelv.com.



Celine Dion at her final show at Caesars Palace, 2019 – the record-breaking artist boasts not one but two residencies; Britney Spears at Planet Hollywood Resort & Casino in 2016 (above)

Lady Gaga wows at Park MGM in 2021; and Jennifer Lopez struts her stuff at T-Mobile Arena, 2019 (below)

HOW TO REMEMBER A MUCH-LOVED MONARCH

QUEEN ELIZABETH II

DESIGNS TO HONOUR HER EXTRAORDINARY REIGN ARE UNDER WAY



As the first anniversary of the death of Elizabeth II approaches, people are being invited to come up with ideas of how best to commemorate her incredible 70 years on the throne.

The weeks leading up to 8 September will be a time when the much-loved and respected monarch will be in many people's thoughts, not least among her own family, swapping memories at Balmoral during the first summer royal gathering without her.

While the King and Queen spend precious holiday time at the Royal Deeside estate, a place that was so special to the King's mother, a National Memorialisation Committee has been tasked with planning a permanent memorial to the longest-serving monarch in British history.

A MESSAGE FOR THE FUTURE

Dickie Arbiter, her former press secretary, tells **HELLO!** it is right she should be remembered in this way: "A fitting memorial to the late Queen will be a reminder to generations of her unwavering duty to the UK, the Realm states, the wider Commonwealth and its people."

Rutland will soon have its own version. Believed to be the first piece commissioned since her passing, a 7ft-tall statue of the royal as a young woman with three of her corgis is being created by Hywel Brân Pratley, overseen by Dr Sarah Furness, the Lord-Lieutenant of the county. It will be erected later this year.

"The idea was to show Her Majesty as a young Queen and for her to be wearing her robes," said ►

'A fitting memorial will be a reminder to generations of her unswerving duty to the UK'



'She was the most recognised person in the world, so a memorial to her has to be pretty special'



Existing tributes to Elizabeth II include this magnificent bronze sculpture by Philip Jackson, a Golden Jubilee gift from the Crown Estate, unveiled by the Queen in Windsor Great Park in October 2003 (inset above right)

Sarah. "However, for people to always be reminded of her warmth and humanity – and also her love of dogs – there will be a little plinth at the base of the sculpture and I hope children will love reaching up and patting the corgis. It is nice to have a statue that can engage people."

Of his inspiration for the sculpture, which will be cast in bronze at the LeBlanc Foundry in Melton Mowbray, Leicestershire, Hywel tells **HELLO!**: "When I was first sketching out my ideas in clay, it seemed right that there would be a corgi nestling at her feet, then to have the folds of her robe coming over the back of the corgi. It started to feel like the warmth and the protection that the monarch gave us as a nation. People I spoke to said it would be great to have more than one corgi, so now there are three."

The monarch would have been delighted. Her

love for her dogs is well known and stretched back to her childhood, when her father George VI bought her a Pembroke Welsh corgi.

Her last two dogs, Muick and Sandy, who are now cared for by her son the Duke of York and Sarah, Duchess of York, were with her at Balmoral when she died last year, aged 96.

Similarly, in Newcastle-under-Lyme, Staffordshire, another imposing bronze piece has been commissioned by the borough council. the sculpture, made by local artist Andy Edwards, who created a famous statue of the Beatles in Liverpool, will mark the town's 850th anniversary.

FINAL DECISION

When it comes to a national memorial, it's understood the King will have the final say on the decision. The Cabinet Office, which is said to be

working "hand in hand" with the royal household on the plans, last month published guidance on the use of the former monarch's name for memorial purposes.

It added: "Careful consideration will be given in due course to the commissioning of an official national memorial to Queen Elizabeth II."

A statue by Philip Jackson of the then Queen riding a horse was erected in Windsor Great Park by the Crown Estate in 2003 to mark her Golden Jubilee. And last November, the King unveiled a limestone likeness of her by Richard Bossons on the West Front of York Minster.

Taken from a design chosen by Elizabeth II to mark her Platinum Jubilee, it shows her in her Garter robes and the George IV State Diadem, holding the orb and sceptre.

His Majesty said at the time: "The late Queen



was always vigilant for the welfare of her people during her life. Now her image will watch over what will become Queen Elizabeth Square for centuries to come.”

More statues of the monarch exist overseas, notably in Canada and Australia, where she witnessed via a video call the unveiling of her own likeness at Government House in Adelaide in 2021. On seeing the statue by Robert Hannaford, she joked: “It must be quite alarming to suddenly see it out of the window – you’d think: ‘Gracious! Has she arrived unexpectedly?’”

Elizabeth II herself unveiled statues to commemorate her parents: George VI was immortalised in bronze by William McMillan and his memorial placed on The Mall in 1955, three years after his death, with a statue by Philip Jackson of Queen Elizabeth the

Two months after his mother’s death last year, the King views a scaled replica of a statue of her before unveiling the final piece (top) at York Minster



Sculptor Sir Thomas Brock's 66 magnificent Queen Victoria Memorial stands guard at the entrance to Buckingham Palace at the end of The Mall

'Where do you put a statue of the Queen? Tourists will want to see it, too'

Queen Mother joining it in 2009. Meanwhile, a statue of George V by William Reid Dick stands in Old Palace Yard, opposite the House of Lords. There is also a plaque commemorating Queen Mary on the wall of Marlborough House, off The Mall, and a bronze memorial to Queen Alexandra, Edward VII's wife, lies close by.

Elsewhere off The Mall, on Waterloo Place, is an equestrian statue of Edward VII by Sir Bertram Mackennal, while the end nearest Buckingham Palace is dominated by the vast marble Queen Victoria Memorial.

Many believe the famous London plane-lined street would also be a fitting location for a memorial to Elizabeth II.

Dickie says: "It should be somewhere in the vicinity of Buckingham Palace – I would have thought that a prominent place on The Mall would be a good option. It is a royal mall and it's very much associated with royalty.

"But where do you put a statue of the Queen that has prominence? It has to dominate and has to be somewhere people go to. Tourists will want to see it, too."

Royal parks near the palace, such as St James's Park, might also be considered, although both Green Park and Hyde Park are already home to several memorials, including the Diana Memorial Fountain.

DIFFICULT CHOICES

Then there is the question of who should design and create the monument – discussions that may take time to get right.

The Prince of Wales and the Duke of Sussex commissioned the sculptor Ian Rank-Broadley to commemorate their mother Diana, Princess of Wales, unveiling his work in July 2021, on what would have been her 60th birthday, in the Sunken Garden at Kensington Palace.

The bronze statue depicts Diana with three children, symbolising "the universality and generational impact" of her work.

Ian also created the effigy of Elizabeth II used on coinage from 1998 onwards and a statue of the Queen Mother, which stands in the King's model town of Poundbury, Dorset.

The committee, which is expected to consist of politicians and members of the royal household, will no doubt take time to make a decision.

"Everyone will have a different



opinion on it," says Dickie. "It needs to be done by the right person and in the right place.

"She was the most recognised person in the world, because she appeared on our stamps and on Commonwealth stamps, so a memorial to her has to be pretty special. She was with us for 70 years. She never complained and just got on with the job."

HONOUR FOR THE DUKE

The committee, Dickie adds, may also decide to commemorate her husband the Duke of Edinburgh, who died in 2021.

"I think in the fullness of time, there might be a call to do one for Prince Philip to go in the same place, so that may need to be taken into consideration."

Alternative memorials, such as renaming buildings, streets or public squares after the monarch, will also be considered.

Cabinet Office guidance states: "Permission to use the title 'royal', or the names and titles of members

of the royal family, including the name of the late Queen, and other protected royal titles, is a mark of favour granted by the sovereign, acting on the advice of his ministers.

"The protected royal titles are sparingly granted and strict standards are applied."

It goes on to suggest that communities, organisations or people who want to commemorate Elizabeth II's "extraordinary reign" might be successful if they incorporate the words "memorial" or "remembrance" in the name they submit, which will be made through an official application.

It reads: "To ensure the use of Queen Elizabeth II's name continues to be undertaken in a dignified and appropriate manner, approval will be required."

"The full title of Queen Elizabeth II will continue to be closely protected and only be granted for applications with strong royal connections."

REPORT: EMILY NASH

The Dukes of Cambridge and Sussex admire Ian Rank-Broadley's statue of their mother, Diana, Princess of Wales, at its unveiling in Kensington Gardens in 2021 (above). The Princess is also remembered through the Diana Memorial Fountain (below) in Hyde Park



ON THEIR FIRST SUMMER HOLIDAY AS THE KING AND QUEEN CHARLES AND CAMILLA PREPARE TO HOST THEIR FAMILY AT BALMORAL – BUT WON'T BE STAYING IN THE CASTLE

The Prince of Wales and the Duchess of Cornwall, as they were then (below), celebrate their 15th wedding anniversary with pet dogs Bluebell and Beth at Birkhall in April 2020



It's where they have traditionally spent each summer break, but this year the King and Queen will be acting as hosts when they're joined by their extended family at the Balmoral estate in Scotland.

Over the coming weeks, the castle's rooms will be filled with guests including the Prince and Princess of Wales and their children, Princes George, ten, and Louis, five, and eight-year-old Princess Charlotte; the Duke and Duchess of Edinburgh with daughter Lady Louise, 19, and the Earl of Wessex, 15, and the Princess Royal and her husband Vice Admiral Sir Tim Laurence.

Adding to the numbers, Princess Anne's children, Peter Phillips and Zara Tindall, are also expected with their loved ones: Peter with girlfriend Lindsay Steven and his children Savannah, 12, and Isla, 11; and Zara with husband Mike and their children Mia, nine, Lena, five, and Lucas, two.

The King's cousin, Lady Sarah Chatto, is also believed to be travelling to Balmoral, as are the Duke of York and his daughters: Princesses Beatrice,

'It is such a special place,' the King has said of their Scottish home



mum to daughter Sienna, two next month, with husband Edoardo Mapelli Mozzi; and Princess Eugenie, who, with husband Jack Brooksbank, has children August, two, and Ernest, who was born at the end of May.

Prince Andrew may bring his mother's beloved corgis Sandy and Muick, which he has been taking care of since his mother's death.

CHANGING PLACES

For their first summer without the family matriarch, Their Majesties have opted not to follow her tradition of staying in the castle itself. Instead they will reside at their private home on the estate, Birkhall, the Queen Mother's former home, which they have renovated to their own taste.

"It is such a special place," the King has said of the property.

Their decision means this will be the first summer without a monarch physically in residence in the castle since the 19th century.

However, it's believed the couple will stay in the castle ahead of audiences with officials such as Prime Minister Rishi Sunak.

Their Majesties will remain in Scotland until the early autumn, leaving only for official engagements and duties. During that time, it's expected they will enjoy their usual outdoor activities of long walks, picnic lunches and barbecues.

No doubt they will also share cherished memories of Elizabeth II ahead of the first anniversary of her death on 8 September. Their Majesties will mark the date in Scotland, taking time to reflect on the highs and lows of the past 12 months.



REPORT: LAURA BENJAMIN

Zara and Mike Tindall will be among the many family members heading to the Balmoral estate (main picture) this summer, with Zara's grandmother Elizabeth II (left, 69) at the castle last year with younger members of the family no doubt in their thoughts



Chloe, Gregor and Matthew MacDonald greet the royal visitor in style and (below) the King shows off his tasting skills trying a dram of whisky



BRAVING THE WEATHER IN A KILT HIS MAJESTY ENJOYS A HIGHLAND FLING AT SCOTTISH WHISKY DISTILLERY

Not even an August downpour could stop the King from enjoying his first public outing since starting his summer break in Scotland.

Clearly happy to be back north of the border, His Majesty donned a kilt in Stewart hunting tartan to officially open 8 Doors Distillery in John O'Groats, Caithness, where he was greeted by owners Kerry and Derek Campbell before being given a tour of the site.

As well as hearing about the importance of sustainability in the distilling process, he was also invited to sample the whisky in the shop and fill one of the hogshead casks.

Kerry said: "We were honoured to welcome the King to 8 Doors Distillery and thoroughly enjoyed sharing our story and what makes our distillery so unique with him, as well as offering him the opportunity to fill a cask in our warehouse."

"Throughout his visit he had the opportunity to meet many of our team, from those working in our distillation team through to our retail and distillery lounge staff, all of whom embody our passion for both the whisky industry and the local area."

She added that the King had sampled a nine-year-old peated single malt. "He seemed to enjoy it and he was asking about the type of cask it was in. It was a sherry cask-matured whisky, so he was interested in that."

The whisky at 8 Doors – the most northerly



'He seemed to enjoy the whisky and asked about the cask it was in'



distillery on the Scottish mainland – is the first to be produced in John O'Groats since 1837, when the King's great-great-great-grandmother Queen Victoria came to the throne.

The King also received three new paintings to add to his collection, from Matthew, seven, Gregor, five, and two-year-old Chloe MacDonald, whose mum Laura is Kerry's sister.

IN GOOD SPIRIT

Following his tour, His Majesty viewed market stalls and met local food producers. Ignoring the rain, he stopped to chat to the locals who had gathered, much to their delight.

The King was believed to be spending some time at the nearby Castle of Mey, which once belonged to his beloved grandmother the Queen Mother, until he and the Queen moved to the Balmoral estate in Aberdeenshire. **H**

REPORT: DANIELLE STACEY

His Majesty greets locals at John O'Groats, Caithness, on a visit to open the 8 Doors Distillery, where he chats with owners Kerry and Derek Campbell (top left) while signing the visitors' book, and (above left) hammers in a bung on a cask

**JOINED BY GLAMOROUS NIECE CAMILLE GOTTLIEB
ALBERT AND CHARLENE OF MONACO
PUT ON A DAZZLING DISPLAY AS THEY LEAD THE STARS
IN MONTE CARLO FOR THE ANNUAL RED CROSS GALA**



Prince Albert joins
Charlene and his
niece Camille
Gottlieb, head of
72 the Monegasque
Red Cross's youth
department, to
start the festivities

'The Monaco Red Cross Ball is a fabulous event and the place to be'

Dame Shirley Bassey

Amid a dazzling spectacle, Prince Albert and Princess Charlene of Monaco were a perfect match in white as they appeared arm in arm at the star-studded 74th Monaco Red Cross Gala.

The royal couple were joined by Albert's niece Camille Gottlieb, the 25-year-old daughter of Princess Stéphanie, and in high spirits, the trio led the arrivals at the Sporting Club Salle des Etoiles for one of the most prestigious events in the principality's society calendar.

Glowing and fresh from a trip to Portugal, Camille channelled the Hollywood style of her grandmother Princess Grace in a sparkling Zuhair Murad lilac ballgown with a sheer cape, placing a loving hand on her uncle's arm as they posed for photographs.

GLAMOROUS GOWNS

Albert, 65, and 45-year-old Charlene were stylishly in sync, both choosing to wear white.

The Princess – mum to eight-year-old twins Prince Jacques and Princess Gabriella – sparkled in a crystal-embellished long-sleeved gown that glistened under the lights.

Adding to her glamorous look were a pearlescent clutch bag and drop diamond and sapphire earrings from Van Cleef & Arpels – plus a bouquet of white flowers.

As dapper as ever, Prince Albert complemented his wife of 12 years in a tuxedo, worn with a scarlet bow tie and matching pocket square.

Hosting the night were French actress Alice Taglioni and journalist and TV producer Yann-Antony Noghès, whose grandfather Antony founded the Monaco Grand Prix.

Always a star-studded affair, the event's A-list guests included Dame Shirley Bassey, 86, who made a showstopping arrival in a long black gown.

"The Monaco Red Cross Ball is a fabulous event and the place to be," the singer ►

Princess Charlene sparkles as she arrives at the Sporting Club Salle des Etoiles on the Monte Carlo waterfront for the annual Red Cross Gala, the royal matching her crystal-embellished gown with drop diamond and sapphire earrings





Dame Shirley Bassey
– a regular at the ball – waves to fans. “It’s classic and always good fun,” she tells HELLO! of the night

‘I love seeing the women in their beautiful gowns and the men in tuxedos’
Dame Shirley



exclusively tells HELLO!. “I love attending each year and seeing the women in their beautiful gowns and the men in tuxedos. It’s classic and always good fun.”

Entertaining Dame Shirley and the rest of the 800-strong guest list, Robbie Williams, 49, took centre stage, following in the footsteps of a host of international stars who have performed at the Salle des Etoiles since its inauguration in 1974, when American-born French

dancer and singer Joséphine Baker performed for the last time.

ROCKING THE NIGHT AWAY

Currently on his XXV tour, celebrating 25 years as a solo artist, the former Take That star put on an energetic performance of his greatest hits. After the show, he and wife Ayda Field joined Albert and Charlene for a photo.

The royal couple also had a starring role, beaming as they



Fireworks illuminate the sky and Robbie Williams (inset above) lights up the stage on a night of fundraising and fun. Albert and Charlene present a Chopard watch donated by the Princess to the lucky raffle winner (right)



walked hand in hand between the finely decorated tables and onto the dancefloor to start the night's dancing, with the salon's ceiling opened to add to the festival feel.

In place of an auction, the ball traditionally holds a raffle with tickets priced at €100 (£86).

Prizes this year included a Chopard watch set with 38 diamonds, which had been donated by Charlene, as well as a one-week stay in Italy and a VIP pass for two to next

year's Formula E Grand Prix in either London or Monaco.

There was also a magnificent fireworks display that lit up the Monaco sky, much to the delight of all the guests, who were all invited onto the dancefloor at midnight.

FAMILY HISTORY

As one of the world's largest charity balls, the Monaco Red Cross Gala has been an important date in the royal diary since it was first held in

1948 by Prince Louis II, Albert's grandfather.

Albert himself is now president of the charity, taking over the role from his mother Princess Grace following her death in 1982, while Charlene is vice president. It is a role Albert cherishes, especially his family's long history with the fundraising ball, saying in 2018: "It is special."

He added: "The Red Cross Gala is unique. There's great history there.

It's the highlight of the summer in terms of social and charity events."

He also has many happy memories of seeing his parents – Princess Grace and Prince Rainier – prepare for the night. "We would see Mom and Dad get ready for it when we were kids. It was always something to see. I didn't attend it until I was 16, but I haven't missed too many years since then."

PUZZLE TIME

SEE HOW QUICKLY YOU CAN SOLVE OUR TWO JUST-FOR-FUN PUZZLES. THERE ARE NO PRIZES, BUT GIVE YOURSELF A PAT ON THE BACK IF YOU FINISH THEM! ANSWERS NEXT WEEK

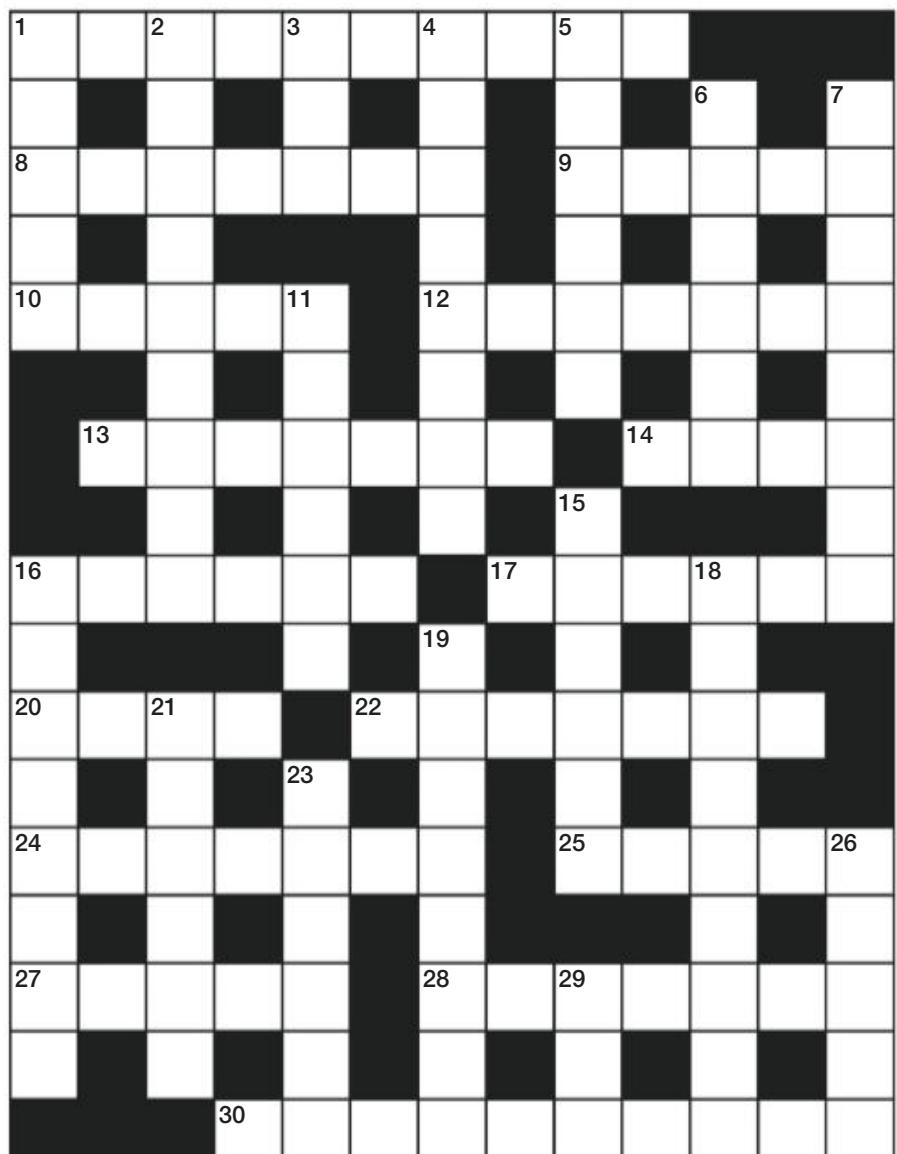
WORDSEARCH

Locate all of these plumbing terms in the grid. The answers appear forwards, backwards, up, down and diagonally, but always in a straight line. You can use letters in the grid more than once.

ACTUATOR
AIRLOCK
BACKFLOW
BALL ARM
BALLCOCK
BOILER
BOSS BLUE
BURST
CAPILLARY JOINT
CAP NUT
CISTERN
DIP PIPE
DUAL FLUSH
ELBOW
FEED
FILE
FLUX
GLAND

GROMMET
HANDSET
LEAK
LOCKING RING
OLIVE
O-RING
OVERFLOW
PLUMBER
PUMP
PUSH-FIT
RISING MAIN
SNAKE
SPINDLE
THERMOSTAT
THREAD
U-BEND
VALVE KEY
VENT OUTLET

B P P G X I E G K J R P D K A H A C S E E
B M R A L L A B E G D N C G K F T F X U T
D B N O T X T O J I A O E J R C B L C O F
B L D S I E V B P L L M X D I P A C S K K
J K C I R E L P G R A U R S X E D T E C L
V C B A R M I T I N L T T J E G B W O O J
T K U F P P I A U F B E W P P A U U L C I
B A L I E I S J U O R E L U U H Y R I L C
E O T X R S L N K N T O T P S S H N V L T
W J I S N D O L B D C N L G H N X T E A F
T C I V O Y U R A K N U E W F L Y A D B C
V E O V T M E A I R M E O V I I H F U N H
S C K H G L R N L B Y L B G T M N S E C V
T O B H I N G E E F F J C U X P H P T E N
W H V O Y R I R H K L G O K T I M M H U D
R A B S I B B R C T U U R I B P R U R B M
F T X N S H G A O I R K S O N F G P E E F
I C G S T J B B X U O A J H M T A X A L T
G A A P U U G B U R S T W X C M V T D I E
T P U I Y E P X M E P F W O B L E W O F S
E N K N E L K A E L I E K A N S Y T F R D
U U S D S J A C T U A T O R K F M N W O N
J T Y L E V A L V E K E Y R M K L K R F A
J X W E D X R I S I N G M A I N I O A J H
L D L J G E U L B S S O B N U C V S K C O



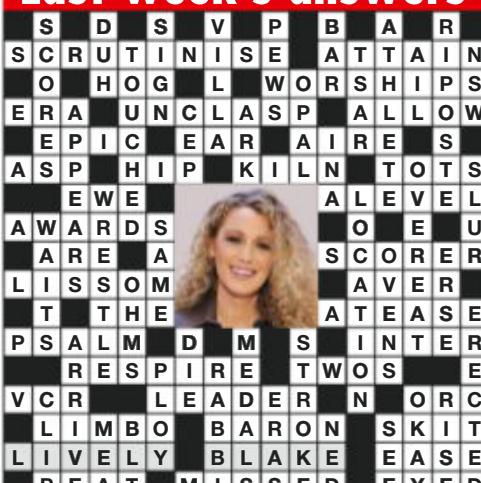
See next week's issue for full solutions

QUICK CROSSWORD

ACROSS

- Capital of Ethiopia (5,5)
- In lieu (7)
- Last (5)
- Identifies (5)
- Unsettle (7)
- Most indistinct (7)
- Toppled over (4)
- Japanese martial art (6)
- Leak preventor (6)
- Auction offers (4)
- Loud enough to be heard (7)
- Genuine (7)
- San Marino F1 circuit (5)
- Lesser white heron (5)
- 1920s design style (3,4)
- Leading opera singer (5,5)

Last week's answers



DOWN

- Unearthly being (5)
- Leave a ship (9)
- Holy ___, the Vatican (3)
- Capital of Hungary (8)
- In advance of (6)
- Hurt (6)
- Round, spherical (8)
- Crews, teams (6)
- Large Society Island (6)
- Attacked unexpectedly (8)
- October 31st (9)
- Tepid (8)
- People who give (6)
- More suitable (6)
- Hawaiian greeting (5)
- Smidgen (3)

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ANTON DU BEKE

Opens up about being stabbed by his father

Anton Du Beke has revealed he was stabbed by his father Antal when he was a child in Kent and had to spend several days in hospital.

In an emotional interview on *Kate Garraway's Life Stories*, the 57-year-old *Strictly Come Dancing* judge fought back tears as he said: "I've never said this out loud before. I got stabbed in the leg and in the stomach because of a fight on Boxing Day."

At the time, Anton had discovered dancing and he said his alcoholic father "took a turn" against him. "I ended up in hospital for three or four days," he added. "My only concern was getting back into the studio and dancing, and the embarrassment of it."

His father was later cleared in court over the incident, added the star. Antal died in 2001.

MICHELLE YEOH

'So happy' to finally marry businessman Jean Todt

Michelle Yeoh has married her fiancé of 19 years, Jean Todt, in an intimate ceremony in Switzerland.

The actress, 60, confirmed the news on Instagram last week, writing: "19 years and YES!! we are married!! Thank you to our 'families' who love us for all these years. We love you and here's to many more to come."

Oscar winner Michelle and Jean, 77, a former head of Ferrari, were engaged for almost two decades, a fact they shared with guests in a printed message at the ceremony. "We met in Shanghai on 4th June 2004. On 26th July 2004, J.T. proposed to marry M.Y. and she said YES! Today after 6,992 days on 27th July 2023 in Geneva surrounded by loving family and friends, we are so happy to celebrate this special moment together," it said.



Quote of the week

I am just coming to terms with my new best friend Derek'

Sarah, Duchess of York reveals she has given her breast reconstruction a name, after surgery following a cancer diagnosis

DAMON ALBARN

Singer 'moves out of family home following split'

Blur frontman Damon Albarn is reported to have split from his partner of 25 years, artist Suzi Winstanley.

The couple, both 55, got together in 1998 and welcomed their daughter Missy two years later. They are said to have tried hard to make their relationship work but failed to do so, with Suzi reportedly asking the singer to leave their Notting Hill home.

The news follows Damon's teary-eyed performance of Blur's *Under the Westway* at the band's Wembley Stadium show last month, which was said to be connected to the separation.

Speaking about his relationship in 2008, he said: "I don't think she'd marry me. Suzi doesn't believe in marriage, and nor do I. It's been so ruined by everybody who's got divorced."



LIZZO

Rejects dancers' claims of sexual harassment

US singer Lizzo has denied allegations of sexual harassment made against her by three of her former dancers, saying they are "false".

Dancers Arianna Davis, Crystal Williams and Noelle Rodriguez filed a lawsuit claiming the star and her touring company pressured them into going to sex shows and fostered a "hostile" working environment.

Answering the claims on social media, Lizzo, 35, said: "Usually I choose not to respond to false allegations but these are as unbelievable as they sound and too outrageous to not be addressed."

"These sensationalized stories are coming from former employees who have already publicly admitted that they were told their behaviour on tour was inappropriate and unprofessional."

THE PRINCE OF WALES

Supports appeal to create new hospital centre

The Prince of Wales has given his support to an appeal to create a new centre at the hospital where he was born.

Prince William is now the patron of a five-year project to create the Fleming Centre at St Mary's Hospital in London to tackle the growing threat of antimicrobial resistance, in which micro-organisms that cause infections develop defences against drugs designed to kill them.

The site is scheduled to open in 2028, 100 years after Sir Alexander Fleming discovered penicillin, the first antibiotic, at the hospital.

All three of the Prince and Princess of Wales's children – Prince George, ten, Princess Charlotte, eight and Prince Louis, five – were born in St Mary's private maternity ward.

GABBY LOGAN

Criticises lack of awards for TV sports presenters

Gabby Logan has called for more recognition for sports broadcasters after this year's National TV Awards Best Presenter list was made up of entertainment stars.

"The winning presenters are always really great people but there are never any sports broadcasters," she said at the Cambridge Union. "It's a very skilled area of broadcasting because you start off without knowing what's going to happen in the next few hours that you're on telly. It's unlike light entertainment shows, where they know what's going to happen throughout."

Gabby, 50, has presented high-profile sporting events throughout her 30-year career, including the Olympics and now the Women's World Cup. She was nominated for the awards once, in 2014.



STORY OF THE WEEK



Justin and Sophie Trudeau 'make decision to separate'

Canadian Prime Minister Justin Trudeau and his wife Sophie Grégoire Trudeau are separating after 18 years of marriage.

In a shared statement on Instagram, the couple said: "After many meaningful and difficult conversations, we have made the decision to separate."

Justin, 51 and Sophie, 48, were childhood friends in their home city of Montreal before reconnecting as adults and marrying in 2005. They have three children, Xavier, 15, Ella-Grace, 14, and Hadrien, nine, who are expected to live with their father most of the time.

The couple added that they will "remain a close family with deep love and respect for each other and for everything we have built and will continue to build". They will all unite for a family holiday this week.

An official statement said the couple had signed a legal separation agreement. "They have worked to ensure that all legal and ethical steps with regards to their decision to separate have been taken, and will continue to do so moving forward," it read.

It was also reported that former TV presenter Sophie had moved out of Rideau Cottage, the Prime Minister's temporary official residence in Ottawa.

Once seemingly inseparable, Justin and Sophie had made fewer outings together in recent years, although they attended the King's coronation in May (together above).

Justin talked about their relationship in his 2014 autobiography *Common Ground*, saying: "Our marriage isn't perfect, and we have had difficult ups and downs, yet Sophie remains my best friend, my partner, my love."

AS THEIR LATEST SERIES HITS OUR SCREENS TYSON AND PARIS FURY ON GIVING FANS A RINGSIDE SEAT INTO THEIR LIVES – AND WHY THEIR NEW CHILD NEEDS A KNOCKOUT NAME



Tyson and Paris welcome the TV cameras into their lives (below) for their new series *At Home with the Furys*, which follows the former boxer as he adapts to retirement



Tyson and Paris Fury are perfect for reality TV – and not just because their family is boxing royalty, but because they're refreshingly and unapologetically themselves.

Giving fans a glimpse into their family life outside the ring, the couple have invited viewers into their £1.7m mansion in Morecambe for the Netflix docuseries, *At Home with the Furys*, and caught up with **HELLO!** for an exclusive chat ahead of the show's debut on 16 August.

The family's latest series is particularly poignant because it follows the WBC world heavyweight champion navigating retirement – before he declared his intention to re-enter the ring later this year – with Paris, 33, and their six kids: Venezuela, 13, Prince John, ten, Prince Tyson II, seven, Valencia, five, Prince Adonis, four, and

Athena, two this month. But why open up their lives? Paris, who is expecting baby number seven, tells us: "One, to show that we are just a family. We do have a normal side and we are just a man and a woman with kids. And two, Tyson's mental health journey that is documented on the show – I think that will resonate with people."

THROUGH THICK AND THIN

The couple have been together for 18 years and married for 15. "Paris has stood by me through thick and thin and I've stood by her," Tyson, who turns 35 this week, says. "We've got six kids and one on the way and it's easy to just pack up and leave after two minutes. Anyone can do that. But it takes real character and dedication to stick into a marriage for the next 50, 60 years."

'It's easy to just pack up and leave. But it takes real character and dedication to stick into a marriage for the next 50, 60 years' Tyson



Happy families as the couple pose with children Prince John, ten, Athena, two this month, Prince Adonis, four, Valencia, five, Prince Tyson II, seven, and Venezuela, 13. Tyson heads out with his two eldest boys (below)

"You have to make your way through the problems," adds Paris. "Don't just run out and bail out at the first hurdle."

While they've found out the gender of their new baby, the couple haven't decided on a name yet. "It can't be like a Steve or a Bob," jokes Paris. "All the kids have got a name that's a bit different or unusual, so I think we've got to stick to that because I don't think it'd be fair to have Adonis, Prince, Valencia, Venezuela and Bob!"

As for how their children feel about the arrival of a new sibling, Tyson smiles and tells us: "I think the newborn [Athena], she's going to be excited to not be the newborn anymore."

They also have another baby in their extended family – Tyson's brother Tommy and

his now-fiancée Molly-Mae Hague welcomed daughter Bambi in January.

"They're always together, taking lots of pictures and doing lots of family stuff," Tyson says. "It's fantastic that their baby's here. Everything's good and they're enjoying life as a family now."

Paris also has plenty of praise for new mum Molly-Mae, saying: "It was really nice that she came to me and said: 'What do you think about this?' or 'What would you do about that?' But she's doing amazing."

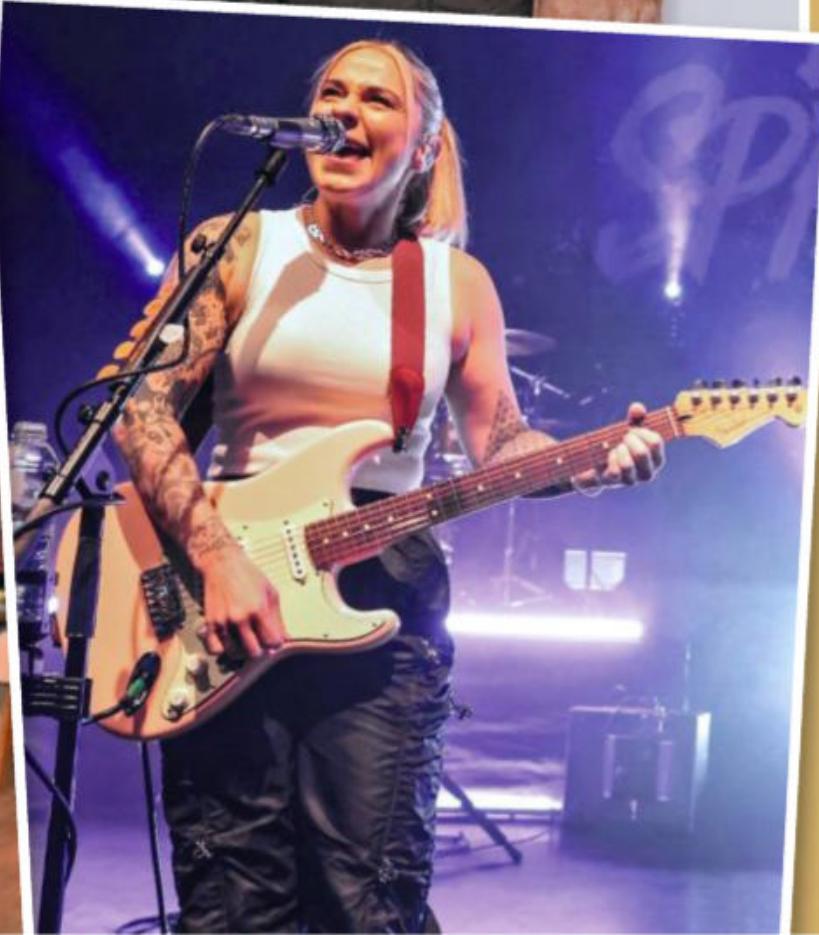
INTERVIEW: MEGAN BULL

At Home with the Furies is on Netflix from 16 August.



AFTER A TRAUMATIC ORDEAL CHANGED HER LIFE LUCY SPRAGGAN THE FORMER 'THE X FACTOR' STAR ON WHY SHE HAS A SONG IN HER HEART ONCE MORE

Simon Cowell has become a good friend to Lucy, while her relationship with TV presenter Rylan (together bottom left) stretches back to *The X Factor*. The singer in action in London this year (bottom right)



She was one of *The X Factor*'s most promising stars, tipped as the favourite to win after judge Louis Walsh predicted she would have a No. 1 hit when her audition alone earned her a standing ovation.

The first contestant to write and perform her own songs, Lucy Spraggan became an internet sensation following her appearance in 2012, loved by the show's legion of fans.

However, three weeks into the series, she suddenly dropped out due, it was announced, to being "unwell".

Only now, 11 years later, has 32-year-old Lucy revealed the truth about what really forced her to quit – a traumatic ordeal that turned her life upside down.

But speaking to **HELLO!**, she also tells how she is firmly back on track and, as she releases her new album *Balance* on Simon Cowell's Syco label this week, she praises the music mogul's friendship and support for helping her both personally and professionally.

"I never met Simon when I was on *The X Factor* because he was doing *America's Got Talent* at the time, but I got to know him recently when I let him know I was writing my book," she says, referring to her newly published memoir, *Process: Finding My Way Through*, which tells the story of her rollercoaster ride in the music industry.

"Simon is a really good person, and as well as working together, we also share a really nice personal relationship. I was at his house a couple of times last week, with Lauren [Silverman, Simon's fiancée] and Eric [their nine-year-old son]. He has a very good ear and I send him songs and he gives me feedback.

"I know he's a big music mogul, but I didn't anticipate he'd be as good as he is," she adds.

STAR SUPPORT

Simon himself has said: "Lucy is one of the most authentic, talented and brave people I have ever met.

"Since we connected, I have had the honour to work with Lucy and I have always supported her wish to tell her story, as well as her efforts to bring about positive change."

The story Simon is alluding to is bravely revealed in Lucy's memoir. After a 25th birthday party for her fellow *The X Factor* contestant Rylan Clark, Lucy was attacked in her hotel room by a porter who used a staff key to enter. He was subsequently found guilty of rape and received a ten-year prison sentence before being deported.

The attack left Lucy unable to continue on *The X Factor* and she turned to alcohol to cope with her ordeal. She gave up drinking four years ago, following therapy.

"Being sober is one of the biggest achievements of my life and it has changed everything," she says. "I have more focus and clarity and my mental health is unbelievably better. All the things I thought I needed to drink to do, like get up and dance at a wedding or speak in front of a room full of people, I can do without having to cover part of me up with alcohol, and that's really empowering."

She has also found love, with teaching

'It wasn't until writing the book that I realised how much I'd lost. But I have a wonderful life now'



assistant Evangeline, 26. "We've been going out nearly a year, we live together and it's going great. If you'd have asked me about marriage and kids before I'd have said absolutely not, but with her, I definitely want to have kids and get married."

She is still friends with Rylan, now a TV presenter. "Rylan is just a dreamboat," she says. "He's such a good guy. It's been an absolute pleasure to be friends with him and he's the funniest person I've ever met."

A WORLD OF MUSIC

After leaving *The X Factor*, Lucy signed with Columbia Records and has had six Top 40 albums and achieved 150 million streams on Spotify alone. "I've written an album every two years since I was 18. I don't really put much planning into my songs, they just sort of happen and pop into my head."

Balance, which has an earthy, Celtic sound, reflects on events throughout her life, with one song dedicated to her late friend, TV presenter Caroline Flack, who took her own life in 2020, and another on body image – Lucy herself had breast enlargement surgery in 2020 after losing weight.

"I don't think I've ever met anybody who doesn't feel some negativity towards their own body," she says. "There's a lot of pressure to look a certain way, but I try really hard now to feel a certain way instead."

She has also been able to reflect on how, despite her traumatic experience, she is ultimately in a good place.

"It wasn't until I was writing the book that I realised how much I'd lost and how much had been taken away from me, not just with the assault, but with the opportunities, too. But I have a wonderful life now and all the things that I love about my life now, I wouldn't have if things had been any different.

"I did get stuck in a rut for many years, feeling really sad and angry, and rightfully so," she continues. "And then, when I got sober, I just decided I was going to turn everything around. And I look back and think: 'Wow, well done.'"

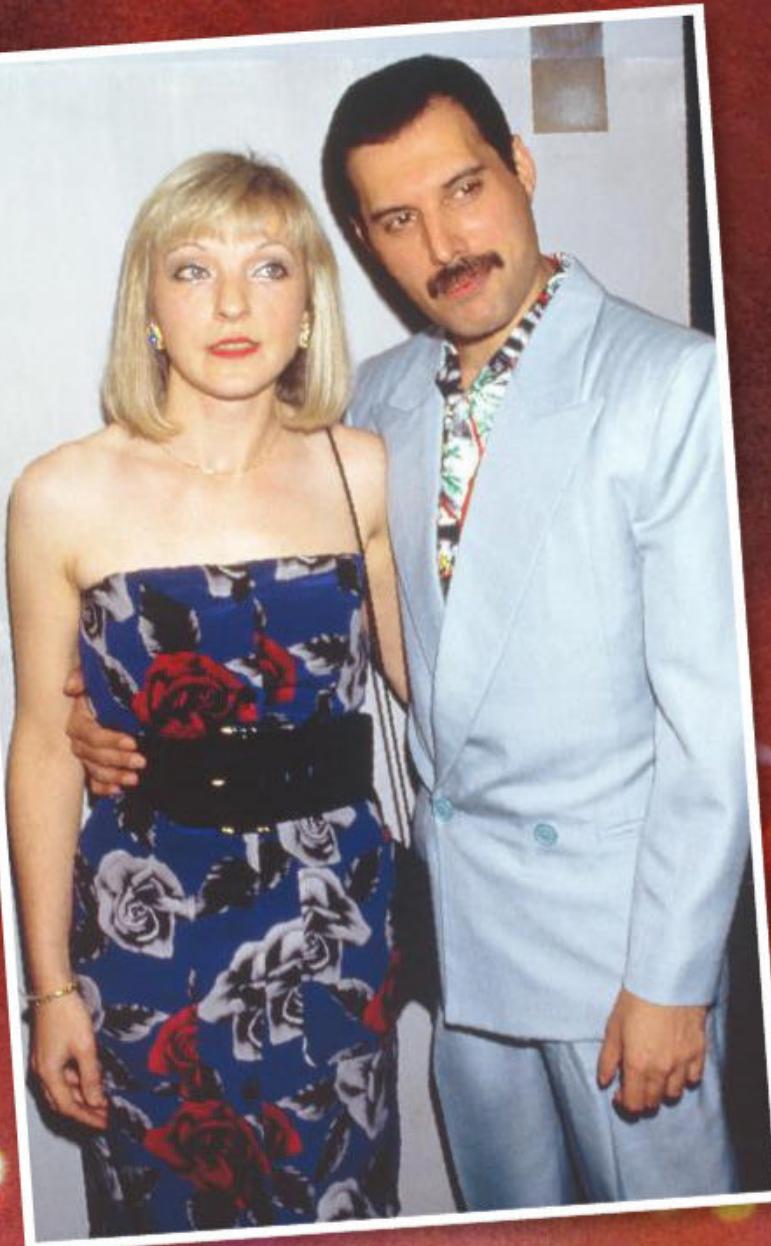


INTERVIEW: TRACY SCHAVERIEN

Balance is released on Friday 11 August.

H

Eleven years after her sudden exit from *The X Factor*, Lucy is happy and in love, sharing her life with teaching assistant Evangeline (together, above left)



Freddie with his long-term friend and former fiancée Mary Austin, who inherited his house in London after his death in 1991 and has now put his collection up for auction at Sotheby's

WAITING FOR THE HAMMER TO FALL

FREDDIE MERCURY

QUEEN STAR'S MAJESTIC PRIVATE COLLECTION GOES UP FOR AUCTION

Freddie Mercury was a dazzling showman, an accomplished songwriter and one of the most significant figures in British culture in the 20th century. He also had an eye for beauty and a passion for art, all of which is revealed in a fascinating exhibition of his vast and eclectic private collection that opened last week.

The lavish contents of his beloved home, Garden Lodge in Kensington, where the Queen frontman lived when in London, have gone on display for the first time at Sotheby's auction house ahead of being sold next month, when they are expected to fetch between £7m and £11m. The auction's centrepiece alone, the Yamaha baby grand piano on which he composed hits including *Bohemian Rhapsody*, could sell for £3m.

"I like to be surrounded by splendid things," Freddie once said. "I want to lead the Victorian life, surrounded by exquisite clutter."

He was a man true to his word.

Among the 1,500 items in Freddie Mercury: *A World of His Own*, are Victorian oil paintings and prints by some of the world's greatest artists, 19th-century French cabinets, Fabergé clocks, antique glassware and art nouveau lamps.

CROWNING GLORY

There are also his spectacular stage costumes, some of which are works of art and could be the most popular items in the sale.

"Freddie always said: 'I want to be seen at the back. If people have paid to see me, they've got to see me on stage,' and you can really see that with some of the outfits. They are like beacons," says Sotheby's senior director David Macdonald, who curated the exhibition and is overseeing the auction. "He'd engage with the designers and talk to them about how he saw things. He'd also embroider himself."

One of the most iconic outfits is a cloak made from fake fur, red ▶



ESTIMATE:
£60,000-£80,000

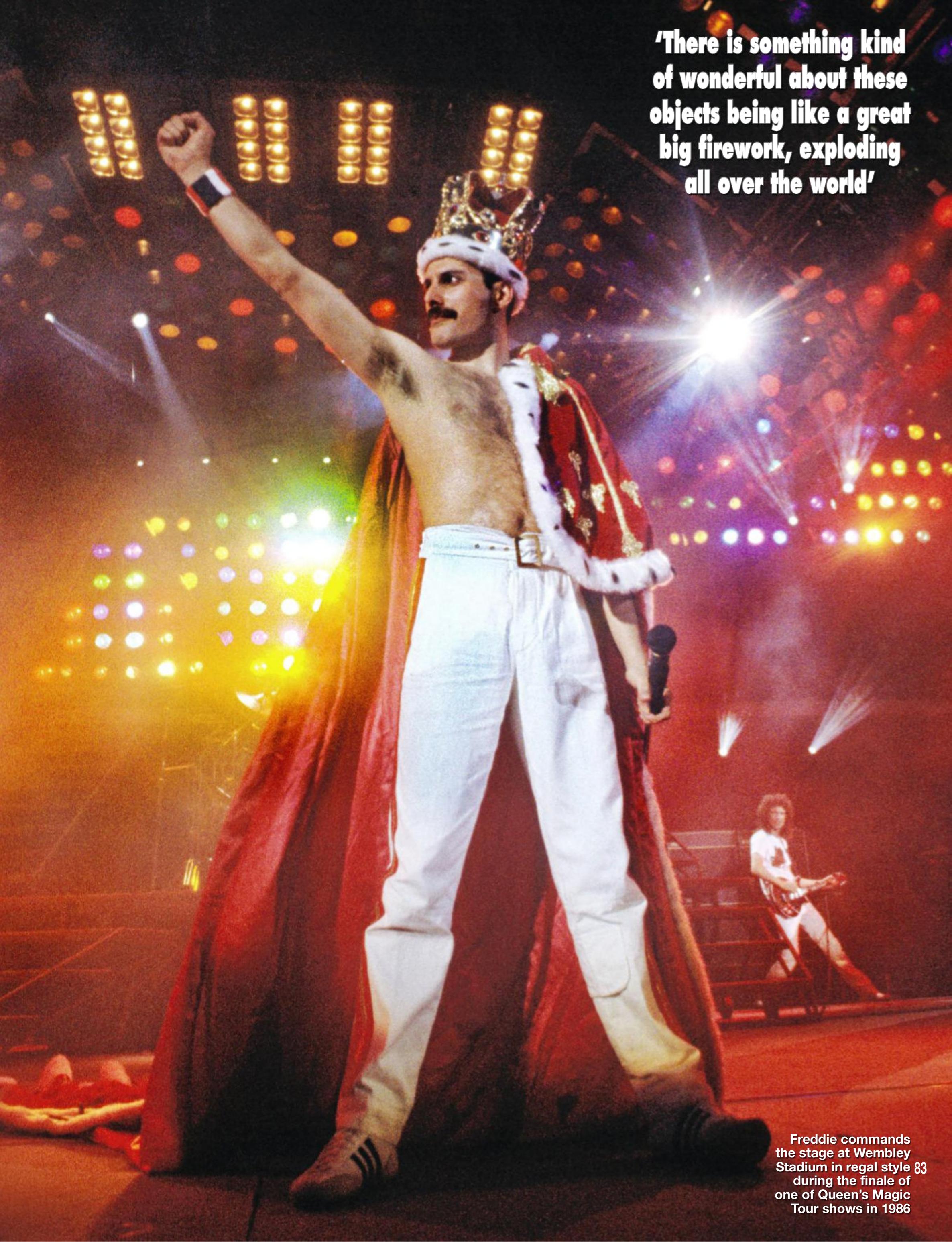


ESTIMATE:
£4,000-£6,000

Lots include a Cartier "Queen Number 1" brooch (above) from 1975, Freddie's crown and cloak ensemble (left) designed by Diana Moseley for the Magic Tour, and his silk evening scarf bearing his initials and the Queen logo (right)

ESTIMATE:
£1,000-
£2,000

'There is something kind of wonderful about these objects being like a great big firework, exploding all over the world'



Freddie commands the stage at Wembley Stadium in regal style 83 during the finale of one of Queen's Magic Tour shows in 1986

'All the textiles and costumes were carefully packed away in silver touring trunks in the attic'



**ESTIMATE:
£5,000-£8,000**

velvet and rhinestones and a matching crown, thought to be modelled on the St Edward's Crown used in royal coronations. Freddie wore them during his final tour with Queen, which ended with their last live show together at Knebworth Park in front of an audience of more than 120,000 people.

There is also a lavish, military-style jacket of black silk and velvet with extravagantly fringed silver-metal epaulettes and imitation medals, which the singer wore to his 39th birthday party in 1985 and then again later that year for Fashion Aid, when he played the groom to Jane Seymour's bride.

INTIMATE INSIGHT

These flamboyant creations reflect the public side of the star, while smaller, more personal items – the cat ornaments and porcelain animals – reveal his private interests and curiosities, as well as humour.

There's a Tiffany moustache comb, for example, used to groom his whiskers, as well as a Tiffany seam ripper, which he'd use to work on his costumes.

"Freddie loved fabrics and textiles," says David. "When he went to Japan – his favourite country in the world – he'd buy lengths and yards of Japanese obis, which are brocaded silk sashes, as well as kimonos and silk scarves. He would often take them apart

Freddie takes to the stage in California in March 1977 wearing an embroidered furisode – long-sleeved silk kimono – one of many he owned and which can be seen in the auction (above right)

'Opening those lids and pulling out the garments was amazing'



Freddie relaxes in a restaurant after a concert in Japan – he would take advantage of his time there to buy extravagant fabrics

himself and reincorporate them into his costumes.

"He didn't have the usual seam ripper – his was a silver Tiffany one," he adds.

Sotheby's is selling the collection for Mary Austin, Freddie's close friend and one-time fiancée who inherited his 28-room, £20m home upon his death in 1991. She is donating a portion of the proceeds of the sale to two charities: the Mercury Phoenix Trust, which was founded in honour of Freddie by Queen's Brian May and Roger Taylor and their manager Jim Beach, and the Elton John Aids Foundation.

"Mary has cared for the collection beautifully and looked after everything. All the textiles and costumes were carefully packed away in these silver touring trunks in the attic, and opening those lids and pulling out the garments was amazing," says David.

Mary lived at the property for more than 30 years, but ►



ESTIMATE:
£5,000-
£7,000

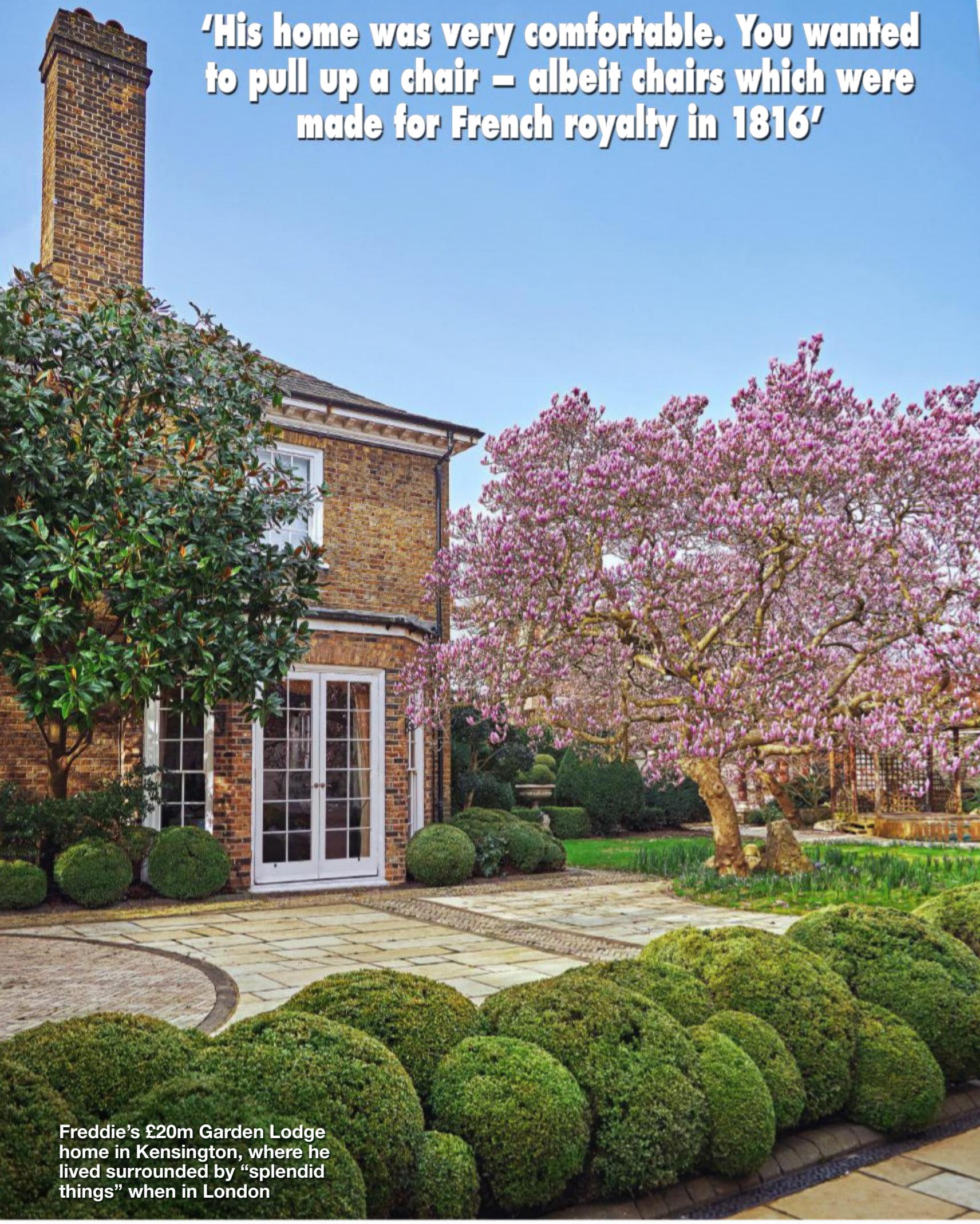
Freddie was a great lover of cats and had six of his own – Delilah, Goliath, Oscar, Lily, Romeo and Miko, who were each hand-painted on silk panels for the waistcoat (left) he wore in his final video, *These Are The Days of Our Lives*, in 1991. It was his favourite waistcoat, says Sotheby's



ESTIMATE:
£10,000-£15,000

To celebrate his 39th birthday in 1985, Freddie wore a bespoke ornate jacket (left) made of black silk and velvet and featuring grand fringed silver-metal epaulettes and imitation medals. The party was filmed for the video for his single *Living on My Own*, while he also wore the jacket to 85 star at Fashion Aid with actress Jane Seymour (above)

'His home was very comfortable. You wanted to pull up a chair – albeit chairs which were made for French royalty in 1816'



Freddie's £20m Garden Lodge home in Kensington, where he lived surrounded by "splendid things" when in London



has kept everything pretty much as it was when Freddie was alive.

"You think of rock stars and guitar-shaped swimming pools, but it was very much his home and done in such a way that it was very comfortable," David adds. "Everything was in impeccable taste and much loved, but it wasn't alienating. You wanted to pull up a chair – albeit chairs which were made for French royalty in 1816."

It was also the home the singer shared with his beloved six cats. When he was on tour, Mary would put one of them on the phone for him – he even had their pictures hand-painted onto a waistcoat.

GONE FOREVER

Some of Freddie's possessions have been impossible to track down. They have T-shirts worn during rehearsals for Queen's performance at Live Aid in July 1985, but not the vest top he wore for the performance itself.

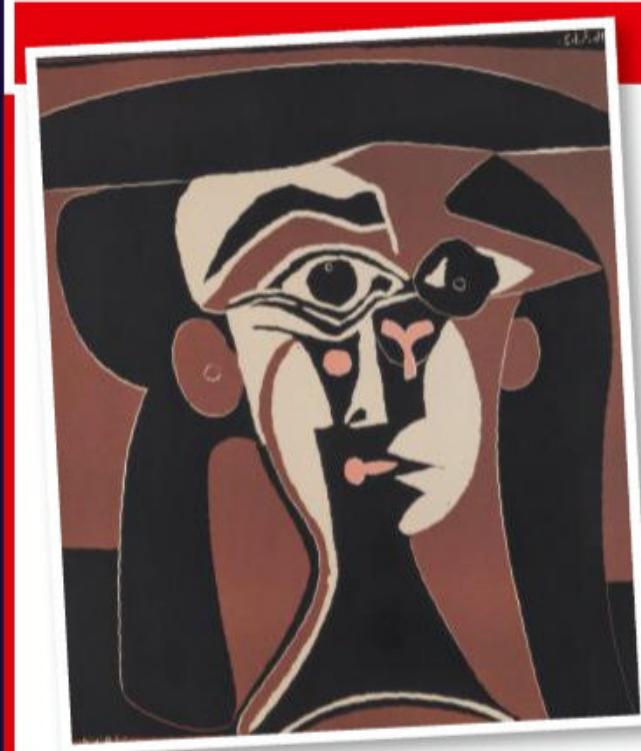
"We have quite a few white scarves," says David. "Freddie went to Graceland to meet Priscilla Presley and she said: 'I'm going to give you Elvis's white scarf.'

"Can we identify which one?" he asks, shaking his head. "If you buy a white scarf in the sale, it could be the one."

Some of the most

SHEER ART ATTACK

The art lots reflect the Queen frontman's varied and stylish taste. Pieces include (left to right) prints of Picasso's *Jacqueline au chapeau noir* (estimate: £50,000-£70,000) and *Masque blanc sur fond noir* by Matisse, a Disney animation cel of Delilah, Freddie's favourite cat, and an 1857 Utagawa Hiroshige woodblock print





ESTIMATE:
£2m-£3m

JANUARY			
Sun 6 13 20 27	Sun 13 20 27	Sun 20 27	Sun 27
Mon 7 14 21 28	Mon 14 21 28	Mon 21 28	Mon 28
Tues 8 15 22 29	Tues 15 22 29	Tues 22 29	Tues 29
Wed 9 16 23 30	Wed 16 23 30	Wed 23 30	Wed 30
Thurs 10 17 24 31	Thurs 17 24 31	Thurs 24 31	Thurs 31
Fri 11 18 25	Fri 18 25	Fri 25	Fri 26
Sat 12 19 26	Sat 19 26	Sat 26	Sat 27

FEBRUARY			
Sun 3 10 17 24	Sun 10 17 24	Sun 17 24	Sun 24
Mon 4 11 18 25	Mon 11 18 25	Mon 18 25	Mon 25
Tues 5 12 19 26	Tues 12 19 26	Tues 19 26	Tues 26
Wed 6 13 20 27	Wed 13 20 27	Wed 20 27	Wed 27
Thurs 7 14 21 28	Thurs 14 21 28	Thurs 21 28	Thurs 28
Fri 8 15 22 29	Fri 15 22 29	Fri 22 29	Fri 29
Sat 9 16 23 30	Sat 16 23 30	Sat 23 30	Sat 30

MARCH			
Sun 1 8 15 22 29	Sun 8 15 22 29	Sun 15 22 29	Sun 22 29
Mon 2 9 16 23 30	Mon 9 16 23 30	Mon 16 23 30	Mon 23 30
Tues 3 10 17 24 31	Tues 10 17 24 31	Tues 17 24 31	Tues 24 31
Wed 4 11 18 25	Wed 11 18 25	Wed 18 25	Wed 25
Thurs 5 12 19 26	Thurs 12 19 26	Thurs 19 26	Thurs 26
Fri 6 13 20 27	Fri 13 20 27	Fri 20 27	Fri 27
Sat 7 14 21 28	Sat 14 21 28	Sat 21 28	Sat 28

APRIL			
Sun 1 8 15 22 29	Sun 8 15 22 29	Sun 15 22 29	Sun 22 29
Mon 2 9 16 23 30	Mon 9 16 23 30	Mon 16 23 30	Mon 23 30
Tues 3 10 17 24 31	Tues 10 17 24 31	Tues 17 24 31	Tues 24 31
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Thurs 5 12 19 26	Thurs 12 19 26	Thurs 19 26	Thurs 26
Fri 6 13 20 27	Fri 13 20 27	Fri 20 27	Fri 27
Sat 7 14 21 28	Sat 14 21 28	Sat 21 28	Sat 28

AUGUST			
Sun 7 14 21 28	Sun 14 21 28	Sun 21 28	Sun 28
Mon 8 15 22 29	Mon 15 22 29	Mon 22 29	Mon 29
Tues 9 16 23 30	Tues 16 23 30	Tues 23 30	Tues 30
Wed 10 17 24 31	Wed 17 24 31	Wed 24 31	Wed 31
Thurs 11 18 25	Thurs 18 25	Thurs 25	Thurs 26
Fri 12 19 26	Fri 19 26	Fri 26	Fri 27
Sat 13 20 27	Sat 20 27	Sat 27	Sat 28

SEPTEMBER			
Sun 1 8 15 22 29	Sun 8 15 22 29	Sun 15 22 29	Sun 22 29
Mon 2 9 16 23 30	Mon 9 16 23 30	Mon 16 23 30	Mon 23 30
Tues 3 10 17 24 31	Tues 10 17 24 31	Tues 17 24 31	Tues 24 31
Wed 4 11 18 25	Wed 11 18 25	Wed 18 25	Wed 25
Thurs 5 12 19 26	Thurs 12 19 26	Thurs 19 26	Thurs 26
Fri 6 13 20 27	Fri 13 20 27	Fri 20 27	Fri 27
Sat 7 14 21 28	Sat 14 21 28	Sat 21 28	Sat 28

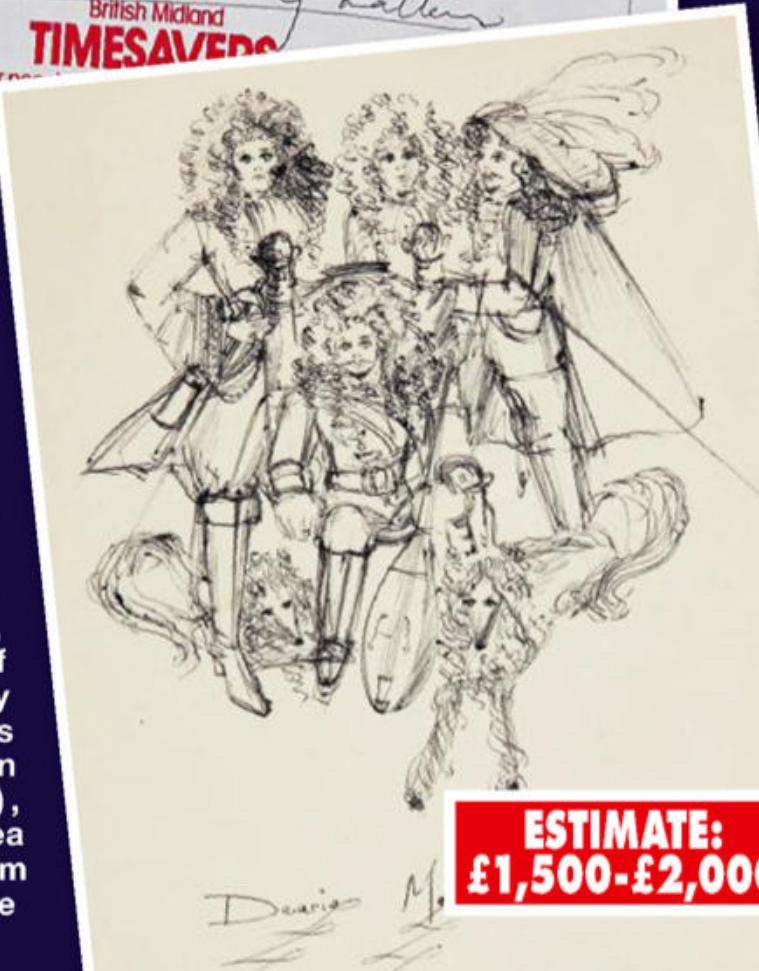
OCTOBER			
Sun 1 8 15 22 29	Sun 8 15 22 29	Sun 15 22 29	Sun 22 29
Mon 2 9 16 23 30	Mon 9 16 23 30	Mon 16 23 30	Mon 23 30
Tues 3 10 17 24 31	Tues 10 17 24 31	Tues 17 24 31	Tues 24 31
Wed 4 11 18 25	Wed 11 18 25	Wed 18 25	Wed 25
Thurs 5 12 19 26	Thurs 12 19 26	Thurs 19 26	Thurs 26
Fri 6 13 20 27	Fri 13 20 27	Fri 20 27	Fri 27
Sat 7 14 21 28	Sat 14 21 28	Sat 21 28	Sat 28

NOVEMBER			
Sun 1 8 15 22 29	Sun 8 15 22 29	Sun 15 22 29	Sun 22 29
Mon 2 9 16 23 30	Mon 9 16 23 30	Mon 16 23 30	Mon 23 30
Tues 3 10 17 24 31	Tues 10 17 24 31	Tues 17 24 31	Tues 24 31
Wed 4 11 18 25	Wed 11 18 25	Wed 18 25	Wed 25
Thurs 5 12 19 26	Thurs 12 19 26	Thurs 19 26	Thurs 26
Fri 6 13 20 27	Fri 13 20 27	Fri 20 27	Fri 27
Sat 7 14 21 28	Sat 14 21 28	Sat 21 28	Sat 28

DECEMBER			
Sun 1 8 15 22 29	Sun 8 15 22 29	Sun 15 22 29	Sun 22 29
Mon 2 9 16 23 30	Mon 9 16 23 30	Mon 16 23 30	Mon 23 30
Tues 3 10 17 24 31	Tues 10 17 24 31	Tues 17 24 31	Tues 24 31
Wed 4 11 18 25	Wed 11 18 25	Wed 18 25	Wed 25
Thurs 5 12 19 26	Thurs 12 19 26	Thurs 19 26	Thurs 26
Fri 6 13 20 27	Fri 13 20 27	Fri 20 27	Fri 27
Sat 7 14 21 28	Sat 14 21 28	Sat 21 28	Sat 28

ESTIMATE:
£800,000-£1.2m

Freddie's autographed manuscript of the working lyrics to *Bohemian Rhapsody* (above). It was composed on the auction's star lot, his Yamaha baby grand piano (top), which he regarded as "an extension of himself, his vehicle of creativity", Mary Austin has said. His sketch of Queen in costume (right), believed to be an idea for the first album cover, is also for sale



ESTIMATE:
£1,500-£2,000

A KILLER COLLECTION OF OBJECTS

Freddie's love of Asian art included Chinese porcelain, such as this figure of Guanyin, one of a pair converted into lamps and on sale with an estimate of around £500



A delicate Fabergé gem-set nephrite and enamel desk clock, which took pride of place in Freddie's bedroom, is estimated to fetch £30,000-£50,000



This vintage Bakelite telephone was kept by the star's bed and could make £2,000-£4,000



Some of the more quirky lots include Freddie's own moustache comb – a piece from luxury jewellery brand Tiffany & Co made from silver. It's estimated to reach up to £600



Showing his own artistic touch, Freddie made the shade for this Daum art nouveau glass vase-lamp from the early 20th century. It may sell for £2,000-£3,000

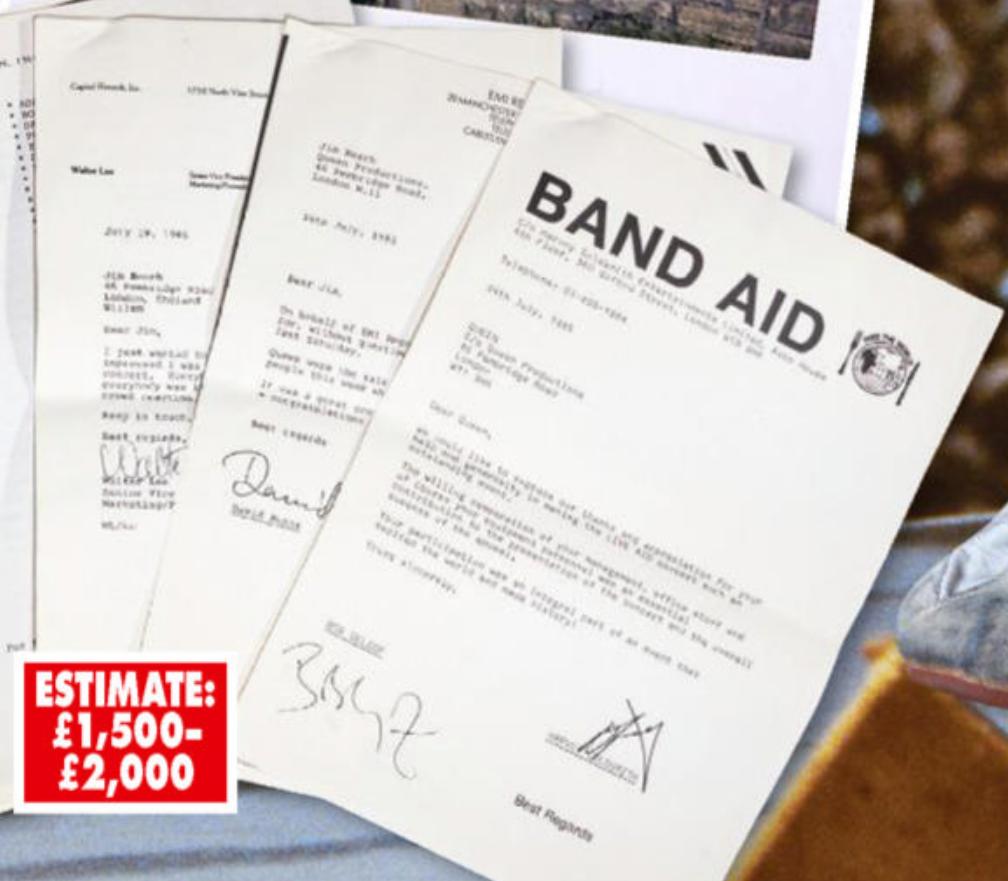


It's believed that Freddie used this 1975 Martin D-35 guitar to write Queen's hit *Crazy Little Thing Called Love* in 1979. Unsurprisingly, it now has an estimate price of £30,000-£50,000

'Mary has cared for the collection beautifully and looked after everything'



Also up for sale is the vest top (left) Freddie wears to chat to Elton John backstage at Live Aid in Wembley in 1985 (above), but Sotheby's hasn't been able to find the white top he wore for the showstopping Queen performance



Memorabilia includes snapshots (above right) and letters, programmes and other pieces (right) from Freddie's work with Band Aid, Live Aid and Fashion Aid in the mid-1980s, all of which had been carefully stored and preserved by Mary

'He'd come to a sale at Sotheby's and there'd be a van waiting and ready, round the back'

intriguing and thrilling items are the handwritten working lyrics that reveal the creative process behind some of Queen's greatest hits, including *We Are the Champions*, *Don't Stop Me Now*, *Somebody to Love* and the star of them all, *Bohemian Rhapsody*.

"I'll never forget when I first saw them," David says. "We were standing in the hallway and a green box was brought out and put on the table and was carefully opened. Inside were these bits of paper and the hairs stood up on the back of my neck. With *Bohemian Rhapsody*, there's some scribbling at the top and a colleague discovered it wasn't 'Bohemian' originally. It was 'Mongolian Rhapsody'."

AUCTION FAN

The sale, which will be divided into 20 collector categories spread over six auctions, is very much in keeping with Freddie's wishes.

"He loved auctions. Apparently he'd come to a sale at Sotheby's and there'd be a van waiting and ready, round the back," says David.

"He never wanted a permanent memorial to himself, a mausoleum, so there is something kind of wonderful about these objects being like a great big firework, exploding and landing all over the world.

"There's something celebratory about that."

INTERVIEW: ROSALIND POWELL

Freddie Mercury: A World of His Own is at Sotheby's London until 5 September, with the six auctions on 6-13 September. Visit sothebys.com.



Freddie brings Wembley to its feet with Queen in 1986, with the trainers he wore 89 (left) the perfect accessory for fans with size 8½ feet

HELLO SUNSHINE

Find the sun-protection product that works for you with the range of fast-absorbing and high-performance formulas from La Roche-Posay



THE ANTI-AGEING HYBRID

Guarding the skin against harmful UVA and UVB rays, this multi-purpose cream also softens fine lines, evens skin tone and hydrates the complexion with niacinimide, hyaluronic acid and thermal spring water. *Anthelios Age Correct SPF50+ Sun Cream, £31*



THE OILY SKIN SAVIOUR

This lightweight fluid provides ultra-long UVA protection and melts on to the skin to leave a matte finish. Created for oily skin types and those prone to breakouts, it absorbs excess sebum and minimises the risk of clogged pores. *Anthelios Oil Control Fluid SPF50+, £19.90*



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Seamlessly top up your sun protection throughout the day with this SPF50+ ultra-fine mist. Apply to bare skin or over make-up every two hours when in direct sunlight. *Anthelios Anti-Shine Sun Protection Invisible SPF50+ Face Mist, £17*



THE ALL-ROUNDER

A bestseller in its category, UVMune 400 is fragrance-free, suitable for sensitive, normal or combination skin and offers ultra-high water, sand and sweatproof protection you can trust. *Anthelios UVMune 400 Invisible Fluid SPF50+ Sun Cream, £19.90*

To buy these products and the rest of the La Roche-Posay Anthelios suncare collection, visit lookfantastic.com.

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STYLE

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PHOTO: MARKS & SPENCER. ALL PRICES AND STOCKIST DETAILS IN STYLE CORRECT AT TIME OF GOING TO PRESS

BACK TO SCHOOL SPECIAL

The countdown to term time is under way, so we've searched high and low to bring you the best deals and latest launches to ensure your little (and not so little) ones step back into the classroom in style this autumn. From great-value school uniforms to products to avoid tub tantrums, and from mindful exercises for children to brain-boosting lunch ideas, **HELLO!** has got you covered.

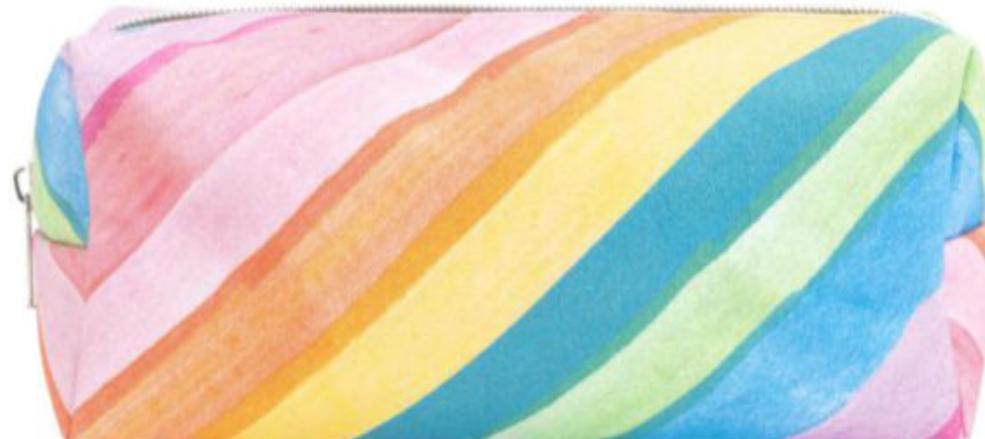


DEICHMANN

Deichmann's extensive range of school-ready footwear is now even more affordable. Its unmissable "buy one, get one half-price" deal – running across all school shoes until 10 September – includes well-loved brands such as Skechers and Hush Puppies, alongside its own collection. With durable styles to suit kids of all ages, your brood will be spoiled for choice.

Visit deichmann.com

READY, SET, SCHOOL!



As you (and the kids) gear up for the back-to-school rush, consider our edit of must-haves that are big on quality but won't break the bank

ARGOS

With a brilliant array of eye-catching options to reflect pupils' personalities, Argos is hard to beat when it comes to colour-splashed pencil cases, lunch boxes and school bags.

Argos Home Unicorn and Dino rainbow print pencil case, £5. Visit argos.co.uk



VERY
When it comes to getting pupils kitted out for the new term, Very is a one-stop school uniform shop, with high-quality polo shirts, pinafore dresses and jumpers that won't break the bank.

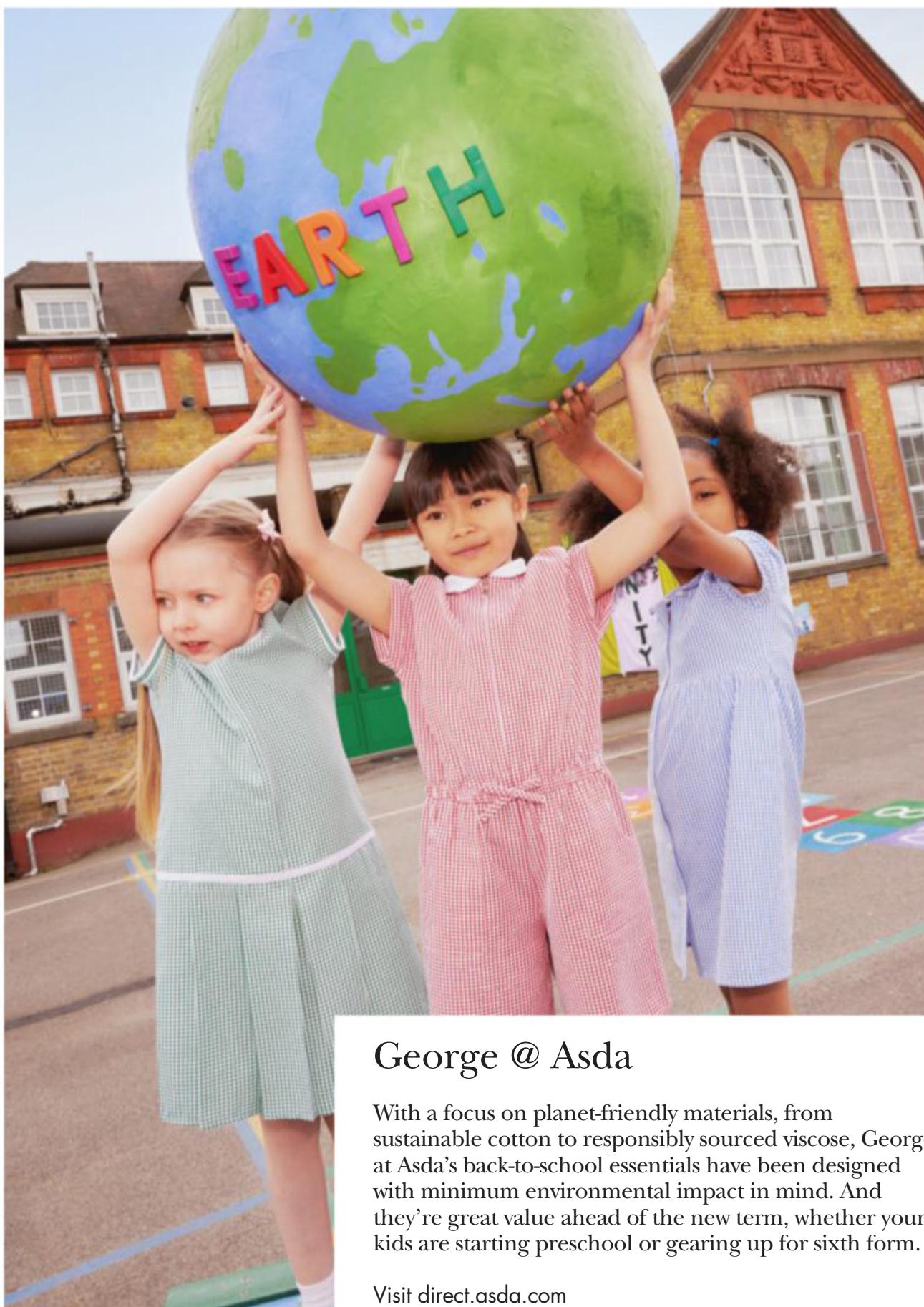
Very boy's school polo top,
from £11 for a pack of 5.
Visit very.co.uk



STAMPTASTIC

This easy-to-use kit has been designed to take the stress out of labelling youngsters' school uniforms. Using a personalised stamp and an inkpad saturated with clever ink that will last for up to 50 washes, you'll be able to label your kids' clothes in record time, meaning there's less of a chance that their kit will end up in the lost property basket. Genius.

Stamptastic school name labels basic bundle (one personalised name stamp and one Stamptastic ink pad), £24. Visit stamptastic.co.uk



George @ Asda

With a focus on planet-friendly materials, from sustainable cotton to responsibly sourced viscose, George at Asda's back-to-school essentials have been designed with minimum environmental impact in mind. And they're great value ahead of the new term, whether your kids are starting preschool or gearing up for sixth form.

Visit direct.asda.com



AIR UP

Using aroma pods to "flavour" water with delicious smells such as wild berry, tangerine and peach, these clever refillable bottles encourage kids to stay hydrated during lessons and in the playground.

Air Up ocean blue bottle plus three pods, £34.99.
Visit uk.air-up.com



KICKERS

Having teamed up with ReSkinned, which resells and repurposes unwanted footwear, Kickers is offering a £15 e-voucher towards purchases of new school shoes (and more) when you trade in an old pair.

Kickers infant girl's Kick T-bar vegan patent leather shoes, £50. Visit kickers.co.uk

MARKS & SPENCER

Marks & Spencer is encouraging shoppers to place school uniforms their youngsters have grown out of into one of its Shwop boxes, found in hundreds of stores nationwide. The brand is working with Oxfam to resell the pre-loved pieces and raise funds for the charity's work and, as a thank you, it's offering 20% off kids' clothing to those who take part.

Visit marksandspencer.com



LADYBIRD BOOKS

Designed to prepare little ones for their first day of school and ease back-to-school worries for anxious kids, these captivating books are ideal for bedtime reading as September approaches.

Starting School from Daisy Upton's Five Minute Mum series, £9.99. From penguin.co.uk





F&F at TESCO

From ultra-durable PE kits that even the sportiest kids will struggle to rip, to adjustable uniforms designed to grow with them, F&F at Tesco has all bases covered. Plus, its newly extended one-year guarantee means shoppers can easily exchange any items that happen to wear out more quickly than they should.

Available from Tesco stores or next.co.uk



SKECHERS

As far as super-cool term-time accessories are concerned, Skechers never fails to deliver. Take this cosmic backpack, for example – it's just the thing for the new school year, whether they fill it with text books or their football kit.

Skechers Eagle Trail backpack, £55. Visit skechers.co.uk



STABILO

A well-stocked pencil case is a must for the new term, and these robust two-coloured pencils from Stabilo are bound to delight arty youngsters. Brilliant for adding a pop of whimsy to kids' drawings and creations, they come in ten colour combinations – and thanks to their thick shape, even the smallest hands can grip them with ease.

Stabilo Woody 3 in 1 Duo, £9. From amazon.co.uk



TV personality and dancing star Janette Manrara has teamed up with AWARD-WINNING health and beauty brand New Nordic®, whose Collagen Shot has become part of her daily routine.

NEW READY TO DRINK COLLAGEN SHOT

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“I love Collagen Shot! I’m all about working on yourself from the inside out, we call it beauty from within.”

– JANETTE MANRARA



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TAKE CONTROL

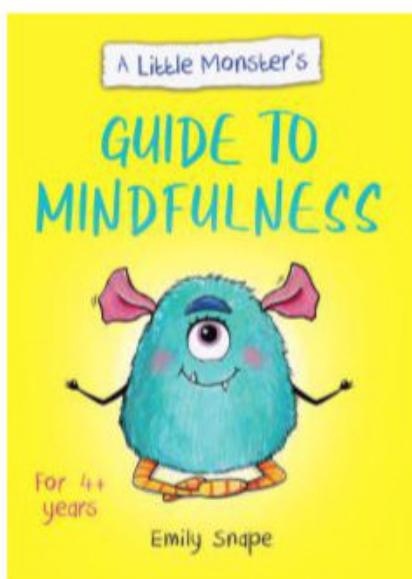
For children aged between five and 12, Stix Mindfulness Remotes provide fun and interactive wellbeing activities. Created by a father and son, Stix guides children through 12 interactive audio and sensory exercises, including stretching, breathing and balance, to help youngsters manage their moods, improve concentration, develop ways to cope with stress and learn how to unwind. Rewards can be gained for completing challenges via the app, where kids can use their points to customise their own monster character. For larger families, multiple users can be added so that everyone can keep track of their own progress.

Stix Mindfulness Remotes, £159. Visit stixmindfulness.co.uk



BOOK SMART

It's normal to feel heightened emotions at the beginning of a new school year. In fact, it's a great opportunity to teach children about how to recognise and understand their feelings. *A Little Monster's Guide to Mindfulness* by Emily Snape (£6.50; from amazon.co.uk) follows Pickle's journey as he learns how to use different techniques to ease feelings of stress and anxiety. Suitable for ages four to seven, the book has fun illustrations and easy-to-implement tips, from making a jar of memories to cloud-watching – a great way to prepare for the new term, so that children feel calmer, resilient and more confident. Monster hug, anyone?



Health Matters

This week, prepare for renewing school day routines with some mindfulness exercises – and try a calming, child-friendly body spray



REST EASY

Getting back into a routine after the summer holidays can lead to restless nights, especially if there's an ounce of anxiety in the mix. Magnesium chloride is proven to alert the receptors in the brain that signal when it's time to wind down. BetterYou's Magnesium Sleep Kids' Body Spray also contains lavender and chamomile essential oils, to help little ones drift into a deeper and less disrupted night's sleep. We love the Quentin Blake illustrations, too.



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LIVING

FOOD | CULTURE | REVIEWS | TRAVEL

BERRY SMART

Dishes that feed the mind as well as the body and soul are vital for schoolchildren – and learners of all ages – so these recipes using nutrient- and vitamin-packed fresh berries get top marks

BLUEBERRY BIRCHER MUESLI Serves 6 Takes 15 minutes, plus overnight chilling

Muesli was first developed by Swiss doctor Maximilian Bircher-Benner back in the 1890s. This easy, super-healthy breakfast can be mixed the night before, then left in the fridge to soak in a container (or in smaller individual ones, if that suits you better). Stir in grated apple and top generously with blueberries, honey and nuts, then you're good to go.

INGREDIENTS

- 1 x 500g tub Greek yoghurt
- 200g/7oz rolled oats
- 40g/1½oz wheatgerm
- 40g/1½oz desiccated coconut
- 50g/2oz hazelnuts, toasted and roughly chopped
- 200ml/7fl oz pressed apple juice

To serve per portion

- ½ Granny Smith apple, cored but not peeled, coarsely grated

- 50g/2oz blueberries
- 1 tsp runny honey
- A little ground cinnamon
- A few extra chopped hazelnuts (optional)

1. Mix the yoghurt, oats and wheatgerm in a bowl, then stir in the coconut, toasted hazelnuts and apple juice. Transfer to a plastic container, clip on the lid

and chill overnight in the fridge.

2. When ready to serve, stir in the grated apple and a few blueberries, then spoon into dishes and top with extra blueberries, a drizzle of honey, a sprinkle of ground cinnamon and a few extra nuts, if liked. The remaining muesli will keep in the fridge for 2-3 days – just add a little apple juice if needed, as the oats will continue to swell. ►

TUNA PASTA LUNCH BOX

Serves 2 Takes 20-25 minutes

This easy lunch box for kids or adults is a great way to use up leftover cooked pasta and can be prepped the night before. If you prefer, omit the tuna, add some chickpeas or kidney beans and use a plant-based mayo.

Serves 2 Takes 20-25 minutes

INGREDIENTS

- 150g/5oz pasta shapes
- 1 x 145g tin tuna in spring water, drained
- 1 tbsp mayonnaise
- 150g/5oz strawberries, hulled

and chopped

- 75g/3oz cucumber, diced
- Carrot and pepper batons, to accompany

1. Bring a pan of water to the boil, add the pasta and cook according to the packet instructions. Drain and rinse in cold water.

2. Flake the tuna into the pasta, mix in the mayonnaise, then stir in the strawberries and cucumber. Pack into a lunch box with the carrot and pepper batons.



'This luxury smoothie is fun for children to whizz up for themselves'

STRAWBERRY SMOOTHIE

Makes 1

Takes 10-15 minutes, plus freezing (optional)

INGREDIENTS

- 150g/5oz strawberries, rinsed, hulled and dried
- 1 medium ripe banana, peeled
- 1 scoop softened vanilla ice cream
- 1 tsp runny honey (optional)
- 4 tbsp orange juice

1. Freeze the strawberries on a baking tray lined with baking paper for about 1 hour. If you don't have time to do this, you can just use fresh strawberries.
2. Whizz the frozen strawberries in a blender or smoothie-maker together with all the other ingredients. Pour into a glass and enjoy.



'Packed full of vitamin C from the raspberries and healthy fats from the nuts, seeds, butter and coconut oil'

FRUITS OF RESEARCH

Dr Emma Derbyshire, a public health nutritionist and adviser to Love Fresh Berries, a campaign funded by industry body British Berry Growers, is spreading the word about brain food.

"Some scientific studies state that berries could help boost our memory, concentration, executive function and response times," she says.

It's something to bear in mind following research that shows seven in ten teenagers have gone into exams having eaten junk food or nothing at all. Love Fresh Berries found 74% of parents agreed that their child would probably achieve better grades if they had a healthier lifestyle.

For more recipes, visit lovefreshberries.co.uk.

RASPBERRY RECOVERY BARS Makes 10 Takes 30 minutes

These are packed full of vitamin C from the raspberries and healthy fats from the nuts, seeds, butter and coconut oil. If you're on a budget, don't be put off by having to buy the flax, pumpkin or chia seeds – just substitute extra oats, or just use one type of seed.

INGREDIENTS

- 350g/12oz oats
- 25g/1oz flax seeds
- 25g/1oz pumpkin seeds
- 25g/1oz chia seeds
- 50g/2oz virgin coconut oil
- 50g/2oz organic butter
- 50g/2oz honey

- 250g/9oz raspberries
- 25g/1oz coconut flour or oat flour

1. Preheat the oven to 180°C, fan 160°C, gas 4. Line a 20x4cm/8x1½in square cake tin with a large piece of non-stick baking paper, snipping diagonally into the corners so that the paper fits snugly over the base and up the sides of the tin.
2. Grind the oats and seeds, as this makes the mixture slightly finer and helps it stick together – these flapjacks have a tendency to crumble more than normal

ones because they are lower in fat. If you are short of time, grind only the flax seeds and chia seeds, as your body doesn't break these down.

3. Melt the coconut oil, butter and honey in a saucepan and add to the dry ingredients. Add the oil/honey mix in stages, stirring well to make sure it is all incorporated.
4. Spoon two-thirds of the mixture into the prepared baking tray and press it down firmly into the edges, ensuring it is at least 1cm/½in deep. Bake in the preheated oven for 5

minutes. While the mixture is baking, blitz the raspberries in a blender or mash them with a fork. Add the flour to thicken the consistency and mix together.

5. Remove the base from the oven and smooth the raspberry mixture over the top. Sprinkle the remaining oat mixture on top of the raspberries and press it down gently so it sticks into it. Return to the oven for a further 5 minutes or until the oats start to brown on top. Leave to cool before cutting into pieces.

GYLES BRANDRETH

GIFT OF

THE GAB

TV and radio's Mr Talkative is putting his conversational skills to good use in a new show – but he has no idea what he'll be chatting about, he tells us

As a young boy, Gyles Brandreth was something of a chatterbox – much to the annoyance of his three older sisters, who hatched a plan to get rid of him.

"I was going through some boxes of paperwork recently and discovered that when I was about seven or eight, my sisters got together and went to my parents with a petition," Gyles tells **HELLO!** in this exclusive interview. "They said: 'If we pool our pocket money, will you be able to afford to send Gyles to boarding school? He won't stop talking. We can't stand it.'

"While I'm a little bit distressed by this, I have to accept that this has been a problem all my life. I can't stop talking," concedes the author and broadcaster, who holds the Guinness World Record for the longest after-dinner speech – 12.5 hours.

As Gyles, 75, spends the next 50 minutes regaling **HELLO!** with anecdotes – from Elizabeth II's impersonation of 1930s singer and actor George Formby to moonwalking for Michael Jackson – we have to agree his sisters might have had a point.

Certainly his wife, writer Michèle Brown, appears to have struggled to get a word in edgeways during their 50-year marriage, giving her the title for his new stage show, *Gyles Brandreth Can't Stop Talking*, which runs at the Edinburgh Festival Fringe this month before going on the road for a national tour.

Gyles describes his one-man show as "a verbal Chinese buffet" in which the audience can choose from a menu of dozens of topics for him to talk about.

"I'm entirely led by what the audience wants, but I like to tell people things that they won't expect," he says. "They



'I started showing Miley Cyrus I could twerk. I was so excited to see her, I forgot to press the button, so the lift didn't move'

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Royal approval: Gyles is taking his love of talking to Edinburgh, with shows where the audience can ask him about his life – including his stories about Elizabeth II (above, with the presenter in 2012) and his long-term friend the Queen (below far left, with Gyles and Dame Joanna Lumley, another good pal)

can call out a number and there is a set menu as well. Starters include my heroes, my childhood and my most embarrassing moments. As a main course, people can have political stories, royal stories or how to live to be 100. Interestingly, most people are choosing the latter two."

After writing biographies of Elizabeth II and her husband the Duke of Edinburgh, both of whom he knew well, Gyles has plenty of royal stories up his sleeve.

One of his more surprising revelations is the former monarch's talent as a mimic. "The Queen was very good at impressions," he says. "She did a very good George Formby and she would strum an imaginary ukulele and sing *When I'm Cleaning Windows* in a Lancashire accent.

"She also did a wonderful impression of Concorde landing over Windsor Castle."

Another anecdote tells how Prince Philip recommended Gyles to have a rubber tube strapped to his leg so he wouldn't need a toilet break during his record-breaking speech in 1978. "As I let go," he says, "I glanced down and I realised that the appliance had slipped its moorings and this hideous tubing was coming out of my trouser leg, snaking its way across the stage. I managed to staunch the flow, kick the rubber tubing into touch and carry on."

No doubt stories about his good friends the present Queen and Dame Joanna Lumley will also crop up. Gyles has known Her Majesty since they were teenagers. "She's the least stuffy Queen in history," he once told us – while *Absolutely Fabulous* star Dame Joanna has appeared with him on *Celebrity Gogglebox*.

Then there's the time Gyles found himself in a lift with Miley Cyrus en route to the BBC Radio 2 studios. "I started showing her that I could twerk," he says. "I was so excited to see her I forgot to press the button, so the lift didn't move.

"The time I was in a lift with Michael Jackson was also a disaster," he adds. "I chatted away and then tried to show him my moon dance, but he said nothing. As he got out, I said to his minder: 'That's a bit disappointing. I've given my all to Mr Jackson and he didn't answer.' And he said: 'Of course he didn't answer. It's Monday, and Mr Jackson never speaks on a Monday.'"

INTERVIEW: TRACY SCHAVERIEN

For tickets to Gyles's show, visit assemblyfestival.com and gylesbrandreth.net/tour.

DON'T MISS THIS WEEK...

TV ALONE

A group of ordinary people (right) takes on the ultimate test of survival as each is dropped into a remote wilderness in Canada on their own, equipped with just a handful of basic tools and the means to film their own adventure. The last person standing will scoop a grand prize of £100,000.

On Sundays at 9pm on Channel 4, or catch up on All4.



BOOK NOW CALENDAR GIRLS: THE MUSICAL

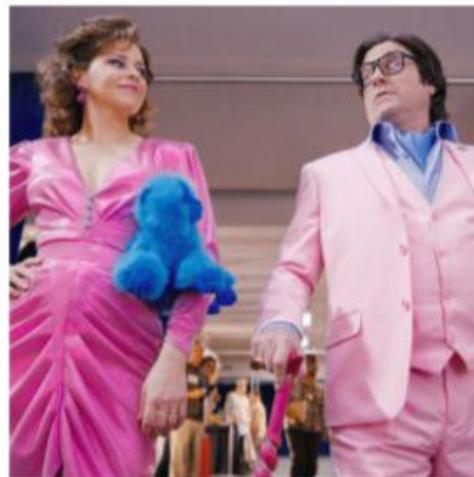
The classic film has been adapted for the stage by Take That's Gary Barlow and screenwriter Tim Firth. Stars including Maureen Nolan and *EastEnders*' Tanya Franks bring to life this hilarious true story about women baring all for charity. *On tour from 30 August to 2 December. For tickets, visit kenwright.com.*



FESTIVAL KENSINGTON AND CHELSEA FESTIVAL

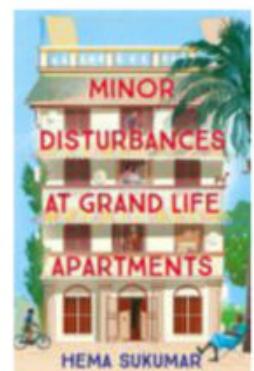
This annual festival boasts family-friendly activities from across the borough. Expect dance, music, circus acts, talks and walks, and touring artworks including Luke Jerram's sculpture *Mars: War & Peace* (right), featuring detailed Nasa images of the planet's surface.

From 1 July to 31 August. For more, visit kcfestival.co.uk.



FILM THE BEANIE BUBBLE

Beanie Babies founder Ty Warner (played by Zach Galifianakis, left with Elizabeth Banks) is a frustrated salesman when he creates a huge toy craze. This comedy-drama features an all-star cast, also including Geraldine Viswanathan of *Bad Education* fame and *Succession*'s Sarah Snook. *Available now on AppleTV+.*



BOOK MINOR DISTURBANCES AT GRAND LIFE APARTMENTS

Three neighbours – Revathi, whose mother wants to marry her off; British chef Jason, who has moved to India to escape heartbreak; and soon-to-be-retired dentist Kamala – join forces when a developer wants to demolish their apartment block in Chennai.

By Hema Sukumar. Out now, published by Coronet, priced £16.99.

A routine for healing yourself

In this week's episode of our wellbeing podcast In a Good Place, A&E doctor turned TV health expert Dr Alex George talks to HELLO!'s creative brand ambassador Rosie Nixon about managing mental health and why he gave up alcohol

Former A&E medic Dr Alex George found fame as a *Love Island* contestant in 2018 and since then has gone on to become a social media star, podcaster, author and champion of mental health.

It is this last role that saw him win the Children's Non-Fiction Book of the Year at May's British Book Awards for his guide, *A Better Day*, which helps youngsters with their mental health struggles.

This subject has personal significance for Alex: in 2020, his younger brother Llŷr took his own life at the age of 19, an event that shattered the medic's world and motivated his work.

Since leaving A&E, Alex, 32, has been on a mission to see mental fitness better supported in the UK and in 2021 was made a Government adviser on youth mental health, something he talks about with HELLO! creative brand ambassador Rosie Nixon.

Here is an excerpt...

Alex, are you in a good place?
"I'd say I'm in between. It's

'We carry our scars with us; sometimes those scars hurt, they sting, and other times they hurt less'

coming up to three years from when my brother died and obviously anniversaries are difficult.

"I'm also six months alcohol-free, which is something I'm very proud of. I don't suffer from addiction, but it's still not easy to stop drinking. It's an amazing thing, but it's hard.

"It's a complex question. We carry our scars with us; sometimes those scars hurt, they sting, and other times they hurt less."

What do you do to keep your mental health on an even keel?

"I get up at half six every day because I find routine is very important for your sleep.

"I jump in the shower and it's on warm to start with. Then I do a 30-second countdown and put it

on cold. I do it every single morning, whether I feel like it or not, because you teach yourself the discipline of doing it. Regardless of whatever happens the rest of the day, I've overcome a challenge immediately before I leave my own bedroom.

"Then I grab a coffee and go out for a walk. I think walking in nature is probably one of the best things you can do for your mental health. You get sunlight, which triggers the brain to wake up, you get a dopamine reward for being outside in nature, it sets your circadian rhythms and your sleep cycle. Walking and movement is fantastic for productivity.

"I do a similar route every day and I see something new every day. I bump into a different dog, or I meet a person. There's multiple social aspects to being outside. You are immediately setting yourself up for a good day.

"Sometimes it's raining and you don't feel like it, but doing it despite not feeling like it is really important, because you're teaching yourself that doing difficult things can be worthwhile and you'll feel better at the end.

"I've never come back from a walk and gone: 'I regret that walk,' or: 'I really wish I hadn't gone outside.'

How are you preparing yourself ahead of what will be a difficult time, with the anniversary of your brother's death?

"It's been a tough few years. It takes its toll. I was trying to deal with the shockwaves happening. That wasn't the healthiest time of my life.

"I have therapy every week and have just come from a session. People think therapy is about

sitting and going over and over things. There's a lot of learning to not constantly live in the past or future and actually live in the present."

What do you recommend to anyone listening who is worried about the mental health of somebody they know? How could they open a conversation?

"There's a three-step approach I generally advise in most circumstances.

"First: trust your gut instinct. Your gut will tell you it's based on your learnt understanding of how they behave, their normal energy, how they speak, how they look at you and what they say.

"The next step is to ask twice. As Brits, we often just say we're fine. Asking twice gives that true invitation to people that I'm really asking how they're actually doing. And most of the time it triggers them to say if they are struggling.

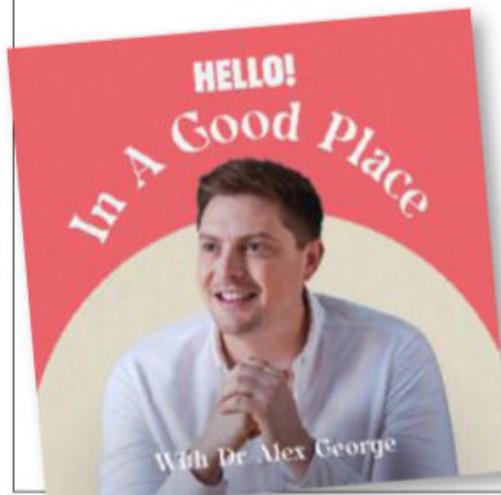
"They may say: 'I don't think I can talk about it right now, but maybe we'll talk later.' Or they might go away from the conversation and reflect. Either way, that person will feel seen.

"The third step is if they do open up to you, don't attempt to fix them, regardless of your medical background. It's not your role."

You've said one of your reset moments is going alcohol-free. Tell me about why you made that decision.

"I wanted to be a more present person in the world. I know I don't have an addiction and I didn't find the act of stopping drinking difficult – and there's no judgment towards those that do [drink]. Addiction is an illness

LISTEN TO THE FULL EPISODE



In a Good Place is HELLO!'s wellbeing podcast, hosted by creative brand ambassador Rosie Nixon in partnership with our sponsor, TENA. In each episode, Rosie chats to an inspirational personality about what puts them in a good place. Hear the whole conversation with Alex and all previous episodes, with a host of stars, wherever you listen to podcasts.



I'm six months alcohol-free, which I'm very proud of. I don't suffer from addiction, but it's still not easy to stop drinking'

like any other and should be respected as such.

"It was a choice I made because I wanted to deal with my grief, get back into fitness, develop and rediscover a healthier relationship with food.

"On a Friday night, I'd have five or six pints, which I know a lot of people would say is normal. But just because everyone else does it doesn't mean it's good for you. I didn't feel the pay-off was worthwhile.

"I don't know if I'm going to commit and be alcohol-free forever. But what I can say is if I go back to drinking alcohol, it would be with a different relationship. I wouldn't go back to the way I used to drink."

On a different topic, do you have any advice for parents worried about their children's digital consumption?

"I've been keeping a close eye on the Online Safety Bill and have interviewed ministers about it. The digital world isn't going anywhere, so let's learn to mitigate some of the harmful facts.

"I think there are a lot of amazing parts of social media. I discovered I have ADHD eight months ago and social media helped me learn about the community. I've gained more from there than anywhere else.

"There's good and bad, but I can understand specifically for parents why they'd want to click their fingers and get rid of it. But you can't.

"If the conversation is open and as unjudgmental as possible, then you're more likely to be able to deal with it.

"When children are sat in their rooms on their phone, you can't control it. The only way you can have any influence over what's going on is through dialogue. Getting that conversation going early is a huge thing."



DREAM ESCAPES

With balmy temperatures throughout the year and an excellent art scene, this Australian city is gaining serious traction

Brisbane

STAY

Towering over Fortitude Valley and steps from Brisbane's most in-demand boutiques and bars, The Calile Hotel's pink interiors provide an ideal contrast to the brutalist block it occupies. Life revolves around the pool, where guests are served cocktails by linen-clad waiters. Texture abounds in the chic but playful suites (3), while bathrooms see quantities of blush-toned marble offset by brass accents. The downside? Tearing yourself away.

TASTE

Brisbane's coffee scene has never been hotter, but the Dark Horse blend flat white at Bunker – a tiny café housed in a former air-raid shelter – may be the finest. At riverside Otto, head chef Will Cowper delights with refined takes on Italian crowd-pleasers, such as lobster spaghetti with lemon and garlic butter, while the modern Greek menu at Hellenika is equally tempting. For a dinner to remember, score an early evening table at Maya rooftop Mexican

Elizabeth Debicki has spent time in Brisbane



restaurant (2) and gorge on ceviche and tacos as the city lights start to sparkle.

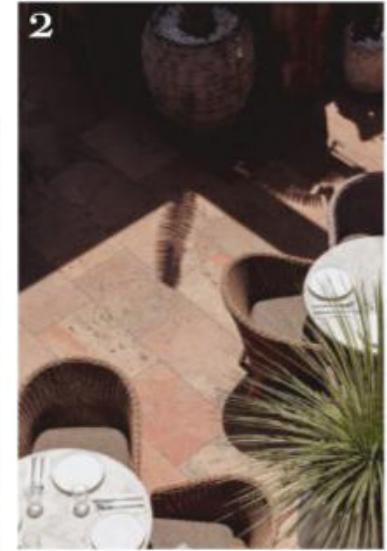
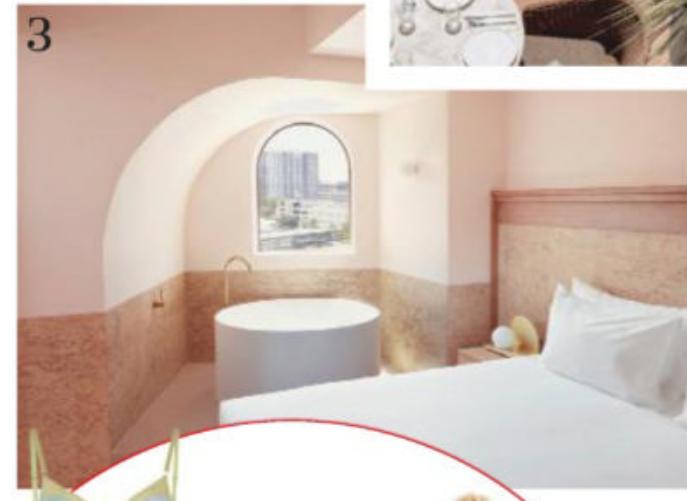
INDULGE

Along with sought-after Aussie womenswear labels such as Zimmermann, Aje and Bassike, James Street is home to botanical-based skincare brand Aesop, its signature store featuring an interior design inspired by the fluid lines of Sir Anish Kapoor's sculptures. All shopped out? The Calile's pool (1) and its pistachio-coloured loungers await.

EXPLORE

Often overlooked, Queensland's capital offers a burgeoning culinary scene, world-class art and seemingly endless sunshine. Woolloongabba Art Gallery shines a light on modern works by Aboriginal artists, while the recently opened Hota, with its line-up of ceramics, photography and abstract paintings, doesn't disappoint either. For sunset views over the river, make for the Kangaroo Point Cliffs just outside the city.

► Elegant Resorts offers seven nights in a City View Room at The Calile Hotel on a room-only basis from £2,995pp inc. flights from London Heathrow with Emirates, transfers and UK airport lounge passes; visit elegantresorts.co.uk to book.



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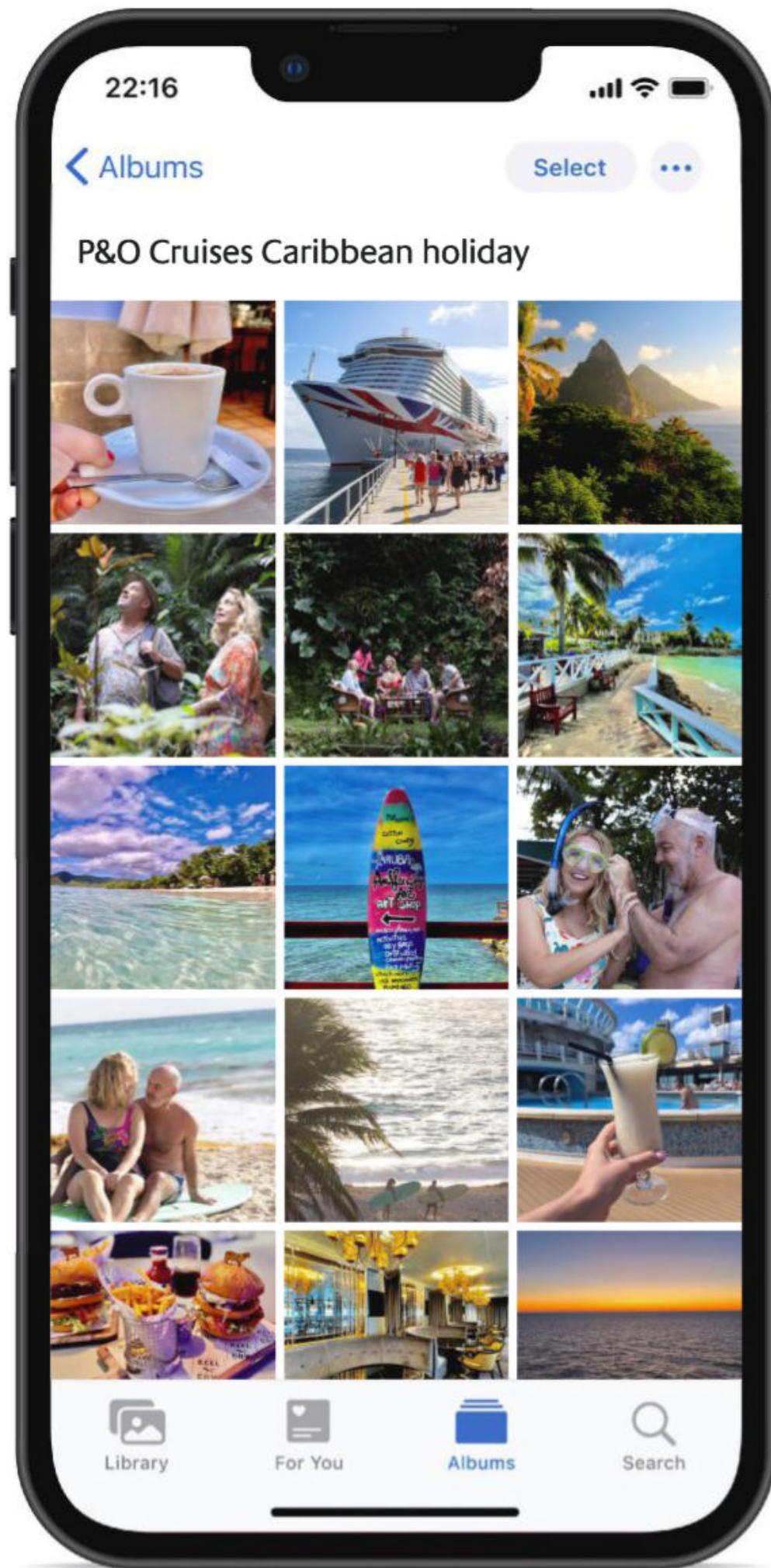
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